

BEST GUIDE FOR SKY & STREAMING

**MORE
CHANNELS**
THAN ANY OTHER
TV MAG!

1-7 FEBRUARY 2025

TV & Satellite week

NEW

AMANDALAND

Motherland spin-off
with **Lucy Punch**
and **Joanna Lumley**

EXCLUSIVE!

Celebrity BEAR HUNT

Bear Grylls chases down
pampered stars in a
dangerous jungle

NEW

**MUSSOLINI: SON
OF THE CENTURY**

Rise to power of the
Italian dictator

NEW

MISS AUSTEN

Keeley Hawes plays
Jane Austen's sister

£3.60

HotList This week's 28

Saturday 1



PREMIERE

I Saw the TV Glow

DRAMA Sky Premiere, 9.40am & 10.35pm

In the 1990s, troubled high-school students Owen and Maddy, connect due to a love of TV show *The Pink Opaque*. But when Maddy goes missing, things start to take a strange path in this chilling drama.



LIVE!

Premier League

FOOTBALL TNT Sports 1, Sky Sports Main Event & Sky Sports Premier League

Today's top-flight action sees Nottingham Forest take on Brighton (k-o 12.30pm, TNT Sports 1) and Wolves face Aston Villa (k-o 5.30pm, Sky Sports).



LIVE!

Six Nations

RUGBY UNION BBC1 & ITV1

Scotland begin their campaign by facing Italy at Murrayfield (k-o 2.15pm, BBC1), before what should be an entertaining clash between defending champions Ireland and England (k-o 4.45pm, ITV1).



NEW

Wisting

CRIME DRAMA BBC4, 9pm & 9.45pm (box set, BBC iPlayer)

Sven Nordin returns as Norwegian detective William Wisting, who is recovering from an accident when he is left a note about an unsolved disappearance...

■ Full listings start on p35

Sunday 2



LIVE!

Premier League

FOOTBALL Sky Sports Main Event & Sky Sports Premier League

Today's live games both come from the capital, with Brentford playing host to Spurs (k-o 2pm) and Arsenal playing Manchester City (k-o 4.30pm).



Out There

DRAMA ITV1, 9pm

As the drama nears its end, Johnny (Louis Ashbourne Serkis) and dad Nathan (Martin Clunes, above) are in danger when cartel boss Turuk turns up... Concludes tomorrow. *See feature, page 7*



NEW

Boyzone: No Matter What

FACTUAL Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)

Boyzone's Ronan Keating, Keith Duffy, Shane Lynch and Mikey Graham talk candidly about their experiences in the band. *See Documentaries, page 21*



NEW

EDITOR'S CHOICE

Miss Austen

DRAMA BBC1, 9.05pm (box set, BBC iPlayer)

Keeley Hawes stars as Cassandra, sister of novelist Jane Austen, who sets out to find some private letters she fears could destroy Jane's reputation. *See feature, p6*

■ Full listings start on p45

Monday 3



NEW

The Big Idea Works

FACTUAL BBC1, 2pm (box set, BBC iPlayer)

Dragons' Den star Sara Davies (above) fronts this series in which ordinary people with great ideas are matched with engineers to help turn their dreams into reality. Continues until Thursday.



LIVE!

Premier League

FOOTBALL Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm

Ex-Chelsea boss Graham Potter (above) takes his West Ham team to Stamford Bridge, where a win for the Hammers will help to exorcise a few demons for Potter.



NEW

Boarders

COMEDY DRAMA BBC3, 9pm & 9.50pm (box set, BBC iPlayer)

Back for a new term, the hit comedy drama focuses on a new era for the school as a new head takes charge and clearly wants our leading quintet out. *See feature, p12*



NEW

Go Back to Where You Came From

DOCUMENTARY C4, 9pm

The controversial and divisive topic of immigration is the focus for this four-part documentary, which sets out to challenge how British people feel about the topic.

■ Full listings start on p55

Tuesday 4



NEW

Alan Titchmarsh's Underdog to Superdog

DOCUMENTARY Channel 5, 7pm

This four-part follows experts as they take problem pooches and train them to do incredible jobs like mountain rescue or fire investigation. *See Documentaries, p20*



NEW

Top Guns: Inside the RAF

FACTUAL C4, 9pm (box set, Channel 4)

With cameras granted exclusive access to RAF Coningsby and RAF Waddington, we're given the chance to fly back to the frontline and take a seat in the cockpit of jet-fighter bombers for this second series.



NEW

Mussolini: Son of the Century

DRAMA Sky Atlantic, 9pm (box set, Sky Box Sets & NOW)

Period drama telling the story of Benito Mussolini, his rise to power in Italy and the birth of fascism. *See feature, page 12*



NEW

Alone USA

REALITY C4, 10pm (box set, Channel 4)

Ten survivalists attempt to live on their own in the Canadian wilderness, battling merciless weather conditions and evading dangerous predators, with only a video camera for company.

■ Full listings start on p65

best shows

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Wednesday 5

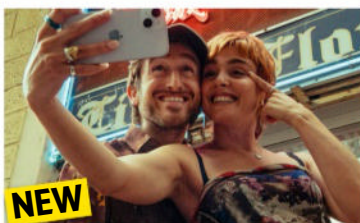


EDITOR'S CHOICE

Celebrity Bear Hunt

REALITY Netflix

Holly Willoughby hosts this survival reality series in which 12 celebrities including Mel B, Shirley Ballas and Boris Becker, try to escape capture by Bear Grylls in the Costa Rican jungle. *See feature, page 4*



Love You to Death (A Muerte)

COMEDY DRAMA Apple TV+

Spanish romantic comedy in which the cautious Raúl (Joan Amargós) reconnects with his childhood friend Marta (Verónica Echegui) following his cancer diagnosis.



Amandaland

COMEDY BBC1, 9pm (box set, BBC iPlayer)

Fans of parenting comedy *Motherland* can now rejoice as Lucy Punch (above) reprises her role as nightmarish but oh-so-recognisable alpha mum Amanda in this tip-top spin-off. *See feature, page 8*



EDITOR'S CHOICE

Am I Being Unreasonable?

COMEDY BBC1, 9.30pm (box set, BBC iPlayer)

Daisy May Cooper and Selin Hizli's dark comedy is back, with Nic (Cooper, above) and Jen (Hizli) wondering if you can get away with murder... *See feature, page 11*

Full listings start on **p75**

Thursday 6



Apple Cider Vinegar

DRAMA Netflix

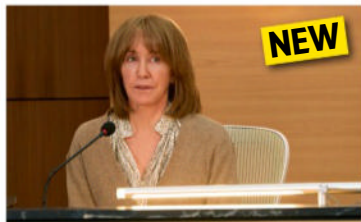
Kaitlyn Dever (above) stars in this drama inspired by a true story. An Australian influencer claims to have cured her terminal brain cancer through health and wellness. *See Your Watchlist, page 14*



G'Wed

COMEDY ITVX

The lovable teenage Scousers return for a second helping of the hit sitcom that's full of heart. And the first episode features the late drag star The Vivienne (above) as a nightclub owner. *See Your Watchlist, p17*



Accused

CRIME DRAMA Paramount+

Based on Jimmy McGovern's BBC series, the gripping courtroom drama featuring standalone stories returns for a second season. First up is *Lorraine's Story* starring Felicity Huffman. *See Your Watchlist, p16*



Premier League

DARTS Sky Sports+, 7pm

Current world champion Luke Littler (above) – who is also the reigning Grand Slam and World Series Finals champion – begins the defence of his Premier League title. *See Sport Week, page 28*

Full listings start on **p85**

Friday 7



The Greatest Rivalry: India vs Pakistan

DOCUMENTARY Netflix

Cricket fans will enjoy this documentary tracing the rivalry between India and Pakistan, featuring interviews with players such as Virender Sehwag (above, right).



The Bikeriders

PERIOD DRAMA Sky Premiere, 11.25am & 8pm

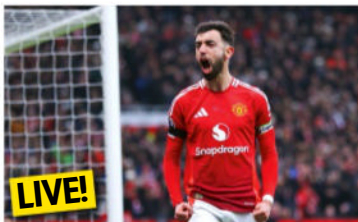
Set in the 1960s, this drama starring Tom Hardy and Austin Butler follows the rise and fall of a biker gang in Chicago. Also stars Jodie Comer. *See review, page 22*



Extraordinary Portraits with Bill Bailey

FACTUAL BBC1, 7.30pm (times vary)

Art lover Bill Bailey (above) returns with a new series of the show in which artists are matched with inspiring individuals to create art reflecting modern Britain.



FA Cup: Fourth Round

FOOTBALL ITV1, kick-off 8pm

A weekend of FA Cup fourth-round action begins tonight with current holders Manchester United taking on former interim boss, Ruud van Nistelrooy, and his Leicester City team at Old Trafford.

Full listings start on **p95**



1-7 FEBRUARY 2025

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A dozen celebrities put their survival skills to the test in *Celebrity Bear Hunt*

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Keeley Hawes in BBC1 period drama *Miss Austen*, Lucy Punch in spin-off comedy *Amandaland*, plus the return of Daisy May Cooper's dark comedy *Am I Being Unreasonable?*

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COVER STORY

Host Holly Willoughby
with Grylls

BEAR

country

Adventurer **Bear Grylls** tracks down a host
of celebrities in an epic survival challenge

NEW
FROM
NETFLIX

NEW REALITY

Celebrity Bear Hunt

From Wednesday 5 Feb, Netflix

Twelve famous faces tackle a dangerous game of cat-and-mouse when they fly out to the Costa Rica jungle for Bear Grylls' adrenaline-fuelled reality series *Celebrity Bear Hunt*.

Hosted by Holly Willoughby, the big-budget eight-part show sees the celebrities split into two teams as they live together in a wooden lodge, learn essential survival skills and go head-to-head in a series of extreme challenges.

The camp mates who underperform are sent to the 'Bear Pit', a special zone – described as a giant escape room containing crocodiles, snakes and scorpions – where they are hunted down by Grylls over the hostile terrain. With Grylls deciding which celebrities are eliminated each week, who will be the last person standing? We tracked down Grylls, 50, for an exclusive interview...

Tell us more about the series...

It's the most original format I've ever done. I've spent a lot of time guiding and helping celebrities through the wild in my previous shows. But I've never had to track them and chase them down. It was very full-on for both me and them!

Mel B takes to the water



Lottie Moss scales the heights

What challenges do the teams face?

Things like jumping off cliffs and crossing swamps. In each episode the losers will get released into the Bear Pit where they must put all of their training, skills and physicality to the test. Only the smart, resilient and determined will survive.

How do the celebrities fare in such a hostile environment?

There's a lot of trepidation for them going into the Bear Pit. It's a truly hostile part of the jungle. You've got crocs, snakes, and bull sharks in the mangrove estuary. It's a hell hole. The

celebrities are scared, on the edge, and pushed to their limits. If they ease up for a minute they are going to get caught, put on a chopper and sent home.

How did you go about choosing the celebs?

We wanted people who've never done anything like this before and had a reason to be there. We didn't want people who would just make it about themselves and I think we got a really cool group who knew it was going to be hard but were ready to put themselves through the mill.

Which celebs surprised you?

Everyone can talk a good game, but until you're tired, scared and dehydrated in the jungle, you never really know who will thrive. I got a real kick out of seeing unlikely people come forward and some real heroes did emerge. Una Healy had been going through some personal stuff and seeing her warrior spirit come out was amazing. Steph McGovern was like that as well and Laurence Llewelyn-Bowen and Shirley Ballas both had a streak of steel in them.



Steph McGovern in survival mode



GAME, SET & CATCH

As a six-time Grand Slam winner, former tennis ace Boris Becker (above) knows all about handling pressure. But will the 57-year-old former Wimbledon champion be able to escape Bear Grylls in the Costa Rica jungle?

'As a professional athlete I know what it's like to be physically challenged, but I am in my 50s now and going into the jungle, being with wild animals, and sharing a bedroom with 11 strangers was a huge challenge,' says Becker, who spent eight months in prison in 2022 for financial offences.

'I have had a very intense and very public life,' he adds. 'I have had unbelievable moments and some bad moments, but that's made me a little bit wiser and I still like to push my boundaries.'

WELCOME TO THE JUNGLE



Laurence Llewelyn-Bowen
TV interior designer

Danny Cipriani
Former England rugby international

Boris Becker
Three-time Wimbledon champion

Kola Bokinni
Top Boy and Ted Lasso actor

Big Zuu
The TV chef hosts Big Zuu's Big Eats

Steph McGovern
Presenter and podcaster

Lottie Moss
Model and sister of Kate Moss

Leomie Anderson
Model and presenter

Una Healy
Former member of The Saturdays

Joe Thomas
The Inbetweeners and Fresh Meat actor

Mel B
Former member of the Spice Girls

Shirley Ballas
Strictly Come Dancing judge

Young Cassandra Austen

Synnøve Karlsen

A dutiful sibling, Cassandra weathers romantic storms and supports her sister Jane's work.

Young Jane Austen

Patsy Ferran

The witty writer fears separation from Cassandra as she ponders her destiny.

Cassandra Austen

Keeley Hawes

The determined spinster is desperate to protect her sister Jane after her death.

Ladies of letters

A star-studded drama explores a mystery in the life of **Jane Austen**

NEW DRAMA

Miss Austen

Sunday, 9.05pm, BBC1
(box set, BBC iPlayer)

Jane Austen's novels are among the most beloved in the history of English literature. But what was the enigmatic writer of *Pride and Prejudice*, *Emma* and *Sense and Sensibility* really like? This week, there's a fascinating insight into her private life in BBC1's lavish period drama *Miss Austen*.

Based on Gill Hornby's novel, the four-part series reveals the author's bond with older sister Cassandra as it imagines why her sibling, played by Keeley Hawes, destroyed some

of Jane's letters following the author's death at the age of 41.

'Cassandra was an extraordinary woman and she and Jane were close,' says *Bodyguard* star Hawes, 48. 'I couldn't read the script without crying. This is a story about love, relationships and families, what people mean to each other, and how we experience life and loss. It's like we're getting a new Jane Austen story.'

The series opens in 1830, some 13 years after Jane has died, as spirited

spinster Cassandra hears from her friend Isabella Fowle (Rose Leslie), whose family has a long and close connection with the Austens.

CLEAR-UP MISSION

Isabella's father is dying and when he passes away, Isabella must vacate their rectory in Berkshire, to make way for the new incumbent. Cassandra dashes off to support Isabella, but she also has an ulterior motive. Before the house changes hands, she wants to locate Jane's correspondence with Isabella's late mother Eliza, because she fears it being made public.

When Cassandra finds the papers, they cause her to re-examine her past. Flashbacks reveal the romantic woes she faced as a younger woman when budding writer Jane (Patsy Ferran) was also contemplating her own place in the world. We also see the sisters' fond relationship with their vicar father (Kevin McNally) and matchmaking mother (Phyllis Logan), who wants to see her daughters settled.

'We see young Cassandra get engaged to Tom [Calam Lynch] but shortly after, he goes away and doesn't return,' explains Hawes. 'For the rest of her life, she doesn't marry, despite second chances of love. That's heartbreaking and tells you an awful lot about her.'



Calam Lynch
plays Tom



Isabella Fowle

Rose Leslie

The Austens' troubled family friend feels uncertain where her future lies.



Hawes as Cassandra

Meanwhile, *Game of Thrones* star Leslie was keen to take a sensitive approach to portraying Isabella.

'Knowing Isabella existed, there's a delicacy in approaching the role. You feel a duty of care,' reveals the *Vigil* star, 37. 'But we are also exploring who Jane might have been. This is a different take on somebody we love, where we learn about the family she grew up in.'



The sisters in their youth with their mother (Phyllis Logan)

Hawes, too, admits she has come away with a fresh approach to the Austens and Cassandra's eagerness to keep Jane's life private.

'In my opinion she did a noble thing,' she reflects. 'Lots of Austen fans feel it [destroying the letters] was cultural vandalism. But Cassandra had foresight. In the world we live in now, everybody wants to know everyone's innermost thoughts – but her decision to look after Jane's legacy was the greatest act of love.'

Stars Martin Clunes and Louis Ashbourne Serkis



KILLING fields

Can **Nathan and Johnny** escape with their lives?

LAST ONE DRAMA

Out There

Sunday & Monday, 9pm, ITV1

As the hard-hitting drama reaches its gripping finale this week, teenager Johnny (Louis Ashbourne Serkis) and his father Nathan (Martin Clunes) fear for their lives when vengeful drugs boss Turuk (Silas Carson) turns up at their farm demanding answers.

Ruthless Turuk arrives with his armed henchman and wants to know where they have hidden dealer Kenny's body. At first, Nathan tries to protect his son, pretending that he killed Kenny, not Johnny, but the cartel leader knows he is lying and as events escalate, father and son find themselves staring down the barrel of a gun.

OUT OF CONTROL

'Things spiral,' reveals 20-year-old Ashbourne Serkis. 'Johnny is completely traumatised. He had stepped in to protect his friend Sadie when she was being sexually assaulted but ended up killing someone.'

As Turuk gets increasingly threatening, Polish cleaner Eva (Natalia Kostrzewa) is in an upstairs room

and overhears the confrontation.

'It's a pivotal moment,' says Kostrzewa. 'She must decide whether to save her own skin or intervene. Although she is completely paralysed with fear, she grabs Nathan's shotgun and confronts Turuk.'

Meanwhile, a horrified Sadie and her dealer brother Rhys are watching on, certain that someone is about to get killed. But quick-thinking Eva comes up with a plan to pacify Turuk.

'She knows that he needs a new location for his drugs operation and suggests setting up a business selling eggs as a cover on the neighbouring farm,' continues Kostrzewa.

SMART THINKING

But will Turuk agree to the idea? And if so, will Nathan and Johnny escape with their lives?

'Everyone is getting more and more sucked in,' says Ashbourne Serkis, the son of actors Lorraine Ashbourne and Andy Serkis. 'This drama shows how victims are not aware that they are being exploited and reveals how drug trafficking rips apart communities and destroys lives.'

'A lot of teenagers think that they can deal with it on their own – but they can't. This is an important story to be telling.'



Silas Carson as Turuk

Mum's the word

Philippa Dunne, Lucy Punch and Dame Joanna Lumley in a *Motherland* spin-off

NEW COMEDY

Amandaland

Wednesday, 9pm, BBC1
(box set, BBC iPlayer)

Award-winning sitcom *Motherland* gave us a hilariously recognisable look at the trials of parenting – including the competitive one-upmanship at the school gates.

Among those at the heart of the series was snooty alpha mum Amanda, played by Lucy Punch, and this week the pretentious character takes centre stage in her own BBC1 spin-off *Amandaland*, penned by the same team.

'I was excited, surprised, and intrigued about where the writers thought Amanda could go and how the show could maintain the tone of *Motherland*, while doing something

new,' says Punch. 'It feels like the same world but it's all about figuring out who Amanda is now.'

As the six-part series begins, Amanda has moved from London's leafy Chiswick to South Harlesden – which she calls SoHa – because she is downsizing after her divorce.

'Amanda is starting over. She's probably had a meltdown along the way but has now galvanised herself and is bringing her full Amanda energy to South Harlesden to whip up a storm,' smiles Punch.

However, Amanda is struggling to cope with her change in circumstances, while her children Georgie (Miley Locke) and Manus (Alexander Shaw) are bringing extra challenges, as they are now at secondary school.

'She's trying her best to recreate what she had, but it's impossible without the house, clothes or husband,' shares Punch. 'Even in *Motherland*, behind the perfect façade was a damaged, vulnerable woman. Now we see her scrambling, because it's tough to raise two teenagers alone, work, and navigate a new place. Plus,

Amanda has an enormous ego, which makes her life harder!'

Luckily, Amanda's loyal, ever-enthusiastic *Motherland* sidekick Anne (Philippa Dunne), also lives in the area and, after they reconnect, she eagerly assists Amanda in her battle to become top dog at the school gates once more.

'Anne's been living her best life, but when they meet up again, they're back to square one with Anne fawning over Amanda,' smiles Dunne. 'When Amanda wants something, Anne will help her get it and pick up the pieces when things don't go right.'

'Amanda flourishes with Anne around,' agrees Punch. 'Now Anne's her lifeline, helping her navigate this new world. Anne's probably



Punch with Peter Serafinowicz



Lucy Punch and Samuel Anderson as Amanda and Mal

the only person who's ever loved Amanda unconditionally!

As Amanda and Anne get into a range of new scrapes, from a riotous house party to a car boot sale and a trip to the countryside, fresh faces they encounter include Samuel Anderson (*Doctor Who*) as Amanda's neighbour and gardener Mal, who has no time for her airs and graces.

MAKING AN IMPRESSION

Meanwhile, *Derry Girls*' Siobhán McSweeney plays prickly chef and fellow schoolmum Della, who Amanda is eager to impress, and *Line of Duty*'s Rochenda Sandall

is Della's fun-loving wife Fi. *The Tick*'s Peter Serafinowicz also joins that cast later in the run as Amanda's outrageous South African boyfriend Johannes.

There is also a welcome return from Dame Joanna Lumley as Amanda's spiky mum Felicity, who had cameo appearances in *Motherland* but is now a regular and is making increasing demands on her daughter's time.

'Joanna's brilliant – she knows everyone's lines, is on top of everything and is a lovely person,' says Dunne. 'I spend a lot of time just looking at her, trying not to stare. She's absolutely fabulous – sorry!'

STORY
OF THE
WEEK

Soap Diary

This week's soaps at a glance

There's carnage
in the street



CORONATION STREET

The Platt house is torched... but who's responsible?

» It's Sarah's birthday, and the glam mum has a party at the Bistro. But brother David has more important things to do than drink Prosecco.

Owing gangster Harvey Gaskell thousands, he contacts dodgy pal Andy and finalises a plan to settle his debt.

As the bash gets under way, Toyah catches young Harry watching a live stream of a seance Hope is conducting at the Platt house with Lily, Sam and Ruby. Heading there, she orders the kids out. But she gets more than she bargained for when Abi pitches up and lambasts for reporting her to social services.

During the fracas, Toyah knocks over a bottle of red wine,

triggering Abi's PTSD, who punches her neighbour and flees. A sinister figure then pushes a lit rag through the letterbox... unaware that Toyah is inside, unconscious.

A fire takes hold, and though Toyah is rescued, Max winds up trapped in the property, which then explodes. Will the teen survive? And has David turned arsonist for an insurance scam, or is someone else to blame?



Shona and David panic

» PLUS Rob's annoyed that the test to see if he's a suitable kidney donor for Carla won't involve a trip to hospital, Amy opens up about an upsetting night out, and Leanne's disappointed when Steve declines her boozy invitation.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS



» Denise and Ravi's relationship is exposed (above), Phil has a serious accident, Nigel goes on a date, Sonia watches Bianca's 'murder confession', Cindy moves into Junior's flat, and the Panesars gather for Nish's will reading.

EMMERDALE

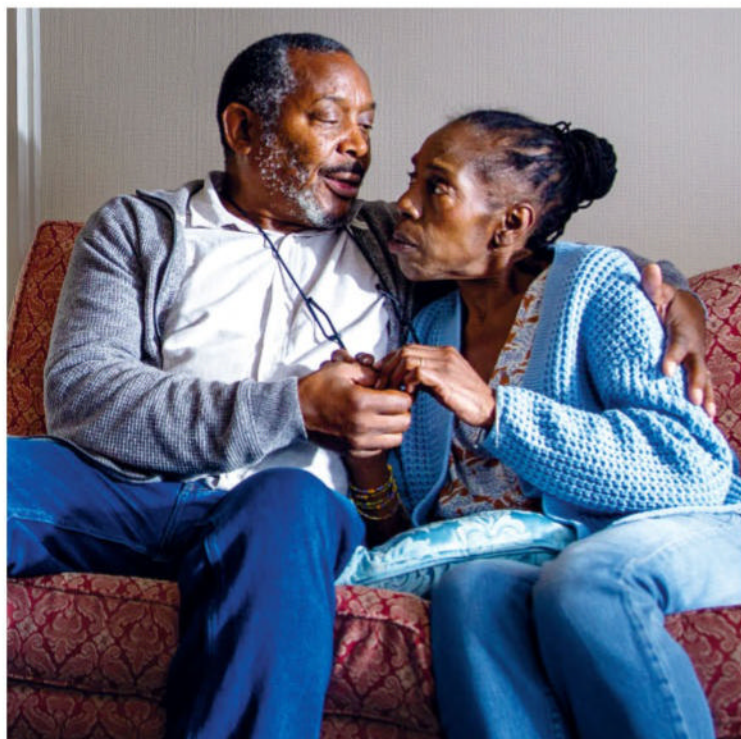
» April (right) is found and the reason for her disappearance revealed, Caleb accuses Cain of sleeping with Ruby, Joe tries to tempt Noah with a job in Dubai, Charity makes a big discovery, and Leyla feels lonely.



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Affairs of the heart

The terrible truth comes out as **Daisy May Cooper's** drama returns

NEW COMEDY DRAMA

Am I Being Unreasonable?

Wednesday, 9.30pm, BBC1
(box set, BBC iPlayer)

Viewers were shocked in the first season of *Am I Being Unreasonable?* when it was revealed that cheating mum Nic (Daisy May Cooper) caused the death of her lover, Alex – the brother of her husband, Dan.

Now, as the series returns for a second six-part run, the explosive secret comes out at Alex's memorial service – with huge consequences.

'We pick up straight from where Season 1 finished,' explains Cooper, 38, who writes the series with her co-star Selin Hizli, who plays Nic's best friend Jen. 'Everyone is gathered for Alex's memorial when they discover that Nic had been having an affair with him.'

TRAUMATIC REVELATION

The service descends into chaos and a guilty Nic flees the scene, leaving her raging husband Dan (Dustin Demri-Burns) and betrayed sister-in-law Suzie (Amanda Wilkin) behind.

As events spiral, Nic – who caused Alex's horrific death when she left him to die trapped in a train door – is terrified that two teenage

witnesses to the crime will come forward to police.

'The consequences of Nic's actions soon start to catch up with her,' shares Cooper. 'Selin and I had fun filming a scene where the two of them get very drunk. It features a hedgehog with a cameo role. Can you believe a hedgehog cost £1,000 to hire for his role!'

Returning faces include Lenny Rush as Nic and Dan's stoic son, Ollie, and Juliet Cowan as spiritualist cleaner Viv. Meanwhile, there are appearances from *Call the Midwife* star Georgie Glen as Nic's neighbour, Tom Davis as a taxi driver and Jamali Maddix as a hotel receptionist, while Cooper's brother and *This Country* co-star Charlie appears in episode two as Viv's husband.

For Cooper, filming was especially memorable as she gave birth to her third child, son Benji, during the production.

'My baby son decided to be born seven weeks early so we had to stop right in the middle of filming,' she laughs. 'That was pretty stressful timing-wise but we got there.'

'The consequences of Nic's actions start to catch up with her'

DAISY MAY COOPER



Lenny Rush
as Ollie

You liked...

Daredevil on Netflix

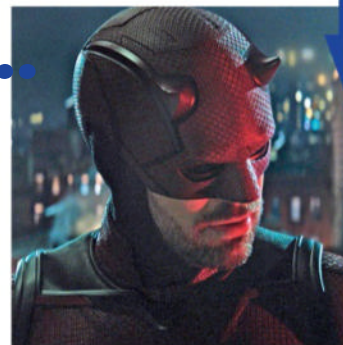
This superhero series ran between 2015 and 2018 and starred Charlie Cox as Matt Murdock (right), a blind lawyer with heightened abilities who leads a double life fighting crime as masked vigilante Daredevil. Vincent D'Onofrio played crime boss Wilson Fisk aka Kingpin.



Now try this...

Daredevil: Born Again on Disney+

Coming to our screens on 5 March, this Marvel series revives the story of Matt Murdock (right) as he continues to fight for justice through his busy law firm, while former Mob boss Wilson Fisk pursues his mayoral campaign in New York City. Charlie Cox and Vincent D'Onofrio reprise their roles from the original series.



Look Who's Back...

A familiar face appearing in a new role this week

Reece Shearsmith

Dr. Jekyll and Mr. Hyde: The Read

Sunday, 9pm, BBC4

NEW

Born in Hull in 1969,

Reece Shearsmith is best known for starring in surreal comedy series *The League of Gentlemen*, and dark anthology *Inside No. 9*

(pictured), co-written with Steve Pemberton,

which ran from 2014 to 2024. He played real-life killer Malcolm Webster in 2014 drama series *The Widower*, and recently voiced Norbot the smart gnome in Christmas hit *Wallace & Gromit: Vengeance Most Fowl*.

HIS NEW APPEARANCE

This week, Shearsmith takes centre stage in *The Read*, BBC4's series in which actors perform readings from classic novels. He'll be reading from Robert Louis Stevenson's 1886 Gothic tale *Strange Case of Dr. Jekyll and Mr. Hyde*, about a lawyer investigating the disturbing links between his old friend Henry Jekyll and a violent criminal. 'The story has one of the greatest twists of all time, but the themes are still profoundly relevant,' Shearsmith says. 'It was such a treat to perform.'



Reece Shearsmith

TV WEEK

Follow the LEADER

How Italy's fascist dictator **Benito Mussolini** rose to power

NEW DRAMA

Mussolini: Son of the Century

Tuesday, 9pm, Sky Atlantic (box set, Sky Box Sets & NOW)

As the fascist dictator of Italy during World War Two, Benito Mussolini remains one of the 20th century's most demonised and hated figures.

Now, the story of Mussolini's first steps to power and the birth of fascism is told in an eight-part drama from Joe Wright, the director who brought us *Darkest Hour* and *Pride & Prejudice*.

CHALLENGING

For Wright, the series can be viewed as a warning from history. But he also wants viewers to understand the terrible allure fascism can hold.

'What I hope to do in the series is sometimes allow the audience



Il Duce takes control

to be seduced by Mussolini and to get excited by what he's doing,' says Wright. 'To demonise these characters absolves us of moral responsibility – that's dangerous.'

With a soundtrack composed by Tom Rowlands of The Chemical Brothers, the series also has a contemporary feel, with Luca Marinelli, the Italian actor who plays Mussolini, breaking the fourth wall to speak directly to viewers.

Filmed in Italian with English

subtitles, the drama opens in 1919 when Mussolini breaks from his left-wing roots to form the Italian Nationalist Party, a group of veterans who feel betrayed after World War One.

Mussolini dreams of revolution and orchestrates violent attacks on the left-wing press. However, before he can take the next step towards power, he must make a deal with Italy's de facto leader, Gabriele D'Annunzio, who has taken control of Fiume, a city the Allies promised to Italy after the war, but gave to Yugoslavia instead.

'I'm an anti-fascist, so playing the part was a very big journey,' says Marinelli, who gained three stones and shaved his head for the role. 'I had to suspend my judgement of Mussolini to try to understand him. But the physical transformation was also painful. One day my mother came on set and she didn't recognise me!'

Jaheim, Omar, Leah, Toby and Femi



NEW COMEDY DRAMA

Boarders

Monday, 9pm & 9.50pm, BBC3 (box set, BBC iPlayer)

Centred on the lives of five Black, underprivileged teenagers who receive scholarships to a prestigious boarding school, *Boarders* was one of the BBC's breakout hits of 2024.

This week, Jaheim, Leah, Toby, Femi and Omar are back at St Gilbert's College for a second term.

'The reception was so positive for Season 1,' says Jodie Campbell, who plays Leah. 'It made me excited to come back for more of what *Boarders* does best, which is tackling awkward, difficult topics – but always with lots of laughter.'

COMPETITION

Following the outrageous shenanigans of last term, acting

Luca Marinelli
as Mussolini



headteacher Carol Watlington-Geese (Niky Wardley) vows to make life hell for the five inner-city kids by putting them on report – meaning only the three with the best results will keep their place at the school.

For now, though, they've got bigger fish to fry. Leah's activism is buoyed by the arrival of American exchange student Devon'yè (newcomer Kendra Brown) and Femi is rather taken by St Gilbert's new writer-in-residence, Jude (*Downton Abbey's* Cara Theobald).

FAMILY WOES

Meanwhile, head boy Jaheim is trying to settle into his new role but is troubled by problems at home – his grandma and younger brother are

strapped for cash, best pal Malachi has gone AWOL and, to top it all, his estranged mother, Grace (*Vera's* Wunmi Mosaku), has turned up.

'It's a rough journey for Jaheim this time,' says Josh Tedeku, who plays him. 'It was interesting exploring how all of this can take a toll on a young boy's mental health.'

Also joining the cast are *The Traitors US* host Alan Cumming and *EastEnders'* Natalie Cassidy.

'Alan's character is a flamboyant, ex-Gilbertine, who relates to Jaheim,' reveals the show's creator Daniel Lawrence Taylor. 'Natalie is a state-school teacher who doesn't like private-school kids. With so many great stories and characters, there's lots to come.'

Guest stars
Natalie Cassidy
and Alan Cumming



What else can I watch?

We search the TV schedules to uncover the shows you might have missed...



NEW Hacks

From Friday 7 February, Sky Box Sets (Seasons 1-3)

The third season of the US comedy arrives, starring Emmy-winner Jean Smart as Vegas comedian Deborah Vance. Having fired writing partner Ava (Hannah Einbinder), Deborah is lonely despite her hard-won fame, but the pair are soon back in each other's lives... Season 1 also begins airing this week on Sky Max and Sky Showcase (Fri, 9pm & 9.40pm).

● Seasons 1 & 2 were previously shown on Prime Video



NEW

Murdoch Mysteries

Thursday, 9pm, U&Alibi

The period crime drama returns for an 18th series. Toronto detective William Murdoch (Yannick Bisson, left) and Constable Crabtree (Jonny Harris) are taking part in a battle re-enactment when one of the soldiers turns up dead with a bayonet in his back. There's also a new inspector in town, as Korean officer Albert Choi (Paul Sun-Hyung Lee) is appointed as the boss of Station House No.4.



NEW

The Big Idea Works

Mon-Thu, 2pm, BBC1 (box set, BBC iPlayer)

In a 16-part series, *Dragons' Den* star and entrepreneur Sara Davies (left) and a team of engineering experts join up with inventors to help them produce prototypes of their big ideas. The first episode features Pat, who has a design for a bird feeder that prevents the seeds from scattering everywhere, and Lorna and John, who have invented a shower aroma dispenser.



NEW

Extraordinary Portraits with Bill Bailey

Fri, 7.30pm, BBC1 (Wales, BBC2)

Bill Bailey (left) returns for a new series celebrating more inspiring individuals through portrait paintings, beginning with 30-something Clare. Diagnosed with incurable cancer, Clare has set up a charity called Embers to help other young people in her situation, and has her portrait drawn in charcoal by Welsh artist Oriane Pierrepont.



WATCHLIST

YOUR

NETFLIX

prime

BBC
iPLAYER

Disney+

4

sky
box sets

NOW

Apple tv+

Stars Alycia Debnam-Carey,
Kaitlyn Dever and Aisha Dee

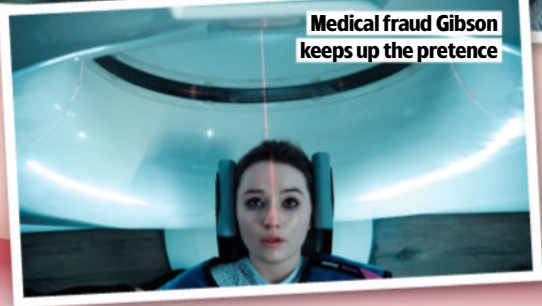


BAD *influencer*

Kaitlyn Dever plays a real-life scammer who faked a terminal illness



Milla hopes to buck
her cancer diagnosis



Medical fraud Gibson
keeps up the pretence

The best of **Netflix, Prime Video, Disney+** and more...

NETFLIX **Apple Cider Vinegar**

NEW Available: **Thursday 6 February**
Genre: **Drama** Season: **1** Episodes: **6**

When pregnant teenager Belle Gibson announced that she had terminal brain cancer in an online forum in 2010, the young Australian woman was overwhelmed by an outpouring of support and sympathy. A few years later, Belle had convinced millions that she'd defied her diagnosis with healthy eating, exercise and alternative medicine.

Now, Netflix drama series *Apple Cider Vinegar* delves into the stranger-than-fiction tale, charting the rise and downfall of the shameless scammer who wormed her way into people's hearts and wallets.

'Belle's influence was massive. She had millions of Instagram followers, who thought she'd cured her cancer holistically and believed they could do the same,' says Kaitlyn Dever, who stars as the conniving con artist. 'She was talented and self-sufficient in getting the things that she wanted, and her trajectory was incredible.'

At first, Belle starts emulating popular Instagrammer Milla Blake (Alycia Debnam-Carey), who genuinely believes she's curing her real cancer diagnosis with organic food, coffee enemas and retreats to an expensive clinic in Mexico.

RUTHLESS RIVAL

By 2014, relentlessly ambitious Belle has eclipsed Milla and launched a globally successful app and a lucrative cookbook under her brand, The Whole Pantry. She's also convinced Milla's childhood friend and manager Chanelle (Aisha Dee) to work for her.

However, Belle's fake empire is about to crumble as waning star Milla suspects the truth and convinces Chanelle to expose the manipulative wellness guru.

'Milla doesn't pay any attention to Belle until she suddenly becomes a threat to her,' explains Debnam-Carey. 'She feels that there's something off with Belle that she can't quite put a finger on.'

Inspired by the book *The Woman Who Fooled the World* by journalists Beau Donnelly and Nick Toscano, the fictionalised series is created by Samantha Strauss.

'This is an Australian story, but it has a global impact,' says Strauss. 'Turning the book into a series felt like a way to have a powerful conversation about wellness and medicine, why we lie, and how we hope.'

Criss-crossing several timelines, the darkly glossy drama also follows Belle's twisted relationship with her mother Natalie (Essie Davis), while her partner Clive (Ashley Zukerman) feels ensnared by her manipulations.

'I learned as much as I could about Belle's childhood and upbringing,' says American actor Dever, who worked with a dialect coach for months to perfect an Aussie accent. 'Our Belle is someone who's broken and desperately craving community and love. It was fun to find the nuances of when she's using tactics and the moments of true vulnerability.'

+ What we're watching...

The shows being enjoyed by the TVSW team



prime **On Call**

Genre: **Drama** Season: **1** Episodes: **8**

With each intense episode clocking in at around 28 minutes, the action never lets up in this gripping and gritty atmospheric police drama set on the streets of California's Long Beach and centring on experienced

cop Traci Harmon (*Pretty Little Liars*' Troian Bellisario) and her latest trainee Alex Diaz (*The Good Doctor*'s Brandon Larracunte). Each shift, the pair are thrown into chaotic and violent situations, while also dealing with the fallout from the murder of a fellow officer – a previous trainee of Traci's.

NETFLIX **Bank of Dave 2: The Loan Ranger**

Genre: **Comedy drama**
Episodes: **One-off**

The heart-warming sequel sees community bank owner Dave Fishwick (Rory Kinnear, right) take on payday-loan firms, aided by a journalist and an accountant.



NETFLIX **American Primeval**

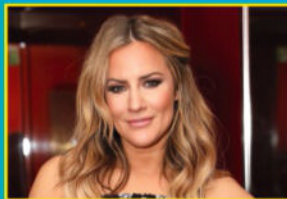
Genre: **Western**
Season: **1** Episodes: **6**

The untamed American West of 1857 is a brutal, unforgiving place as pioneers, Mormons and indigenous tribes fight to the death over territory in a riveting Western. Taylor Kitsch and Betty Gilpin (right) star.



+ Now in production...

Three upcoming shows to look out for soon



Disney+ **Caroline**

In Disney+'s documentary on Caroline Flack (above), her mother Christine reflects on the late presenter's career and examines Flack's final months to understand more about why she took her own life in 2020, while other family members and friends share their input.



NETFLIX **11817**

Netflix's sci-fi thriller, starring Greta Lee (above) and Wagner Moura, follows a family who are trapped inside their home, where they must battle to survive as they begin to run out of provisions, while a mysterious and devastating threat also places their lives in danger.



apple tv+ **The Family Plan 2**

Kit Harington (above) is joining Apple TV+'s action-packed film sequel as an enigmatic character who crosses paths with one-time assassin Dan Morgan (Mark Wahlberg) and his family when their Christmas trip to Europe takes a shock turn.

WORDS: ELAINE REILLY, CAREN CLARK, JUDY EVANS. PHOTOS: NETFLIX, PRIME VIDEO, GETTY

Felicity Huffman
plays a psychic
accused of
being a fake

TRIAL & ERROR

Paramount+ **Accused**

NEW Available: **Thursday 6 February**
Genre: **Drama** Season: **2** Episodes: **8**
(eps 1-4 from Thu 6 Feb, eps 5-8 from Thu 20 Feb)

From a road-rage incident to the dangers of artificial intelligence, more ordinary people are thrust into extraordinary dilemmas as US crime anthology series *Accused* returns for an eight-part second season.

Based on Jimmy McGovern's BBC series, the gripping courtroom drama features standalone stories as each episode introduces a defendant with their crime undisclosed before flashbacks reveal what led to their trial.

Among them is *Lorraine's Story*, starring *Desperate Housewives'* Felicity Huffman as supposed psychic medium Lorraine Howell, who becomes entangled in a missing child case. Lorraine claims to have visions of Rory, a boy who disappeared a year ago, and gives his father, Frank (Daniel Maslany), new hope when she says Rory is alive and well.

Rory's mother, Melissa (Isabel Arraiza), is sceptical yet agrees to Lorraine moving into

the family home in the hope she'll have another vision. But when a suspect confesses to Rory's murder, Melissa accuses Lorraine of fraud and takes legal action against her. Is Lorraine a scam artist or is she sincerely trying to help these desperate parents?

EMOTIONAL DEPTH

'The brilliance of this new season is that it doesn't give you answers, it asks questions,' says Huffman, 62. 'It's putting pieces of a puzzle together. The fun part of watching is just when you think you have the answer, it does a 90-degree turn and you're not sure any more.'

Huffman's real-life husband, William H. Macy, also stars as Lorraine's ex-husband Ray, while the cast in other episodes includes Taylor Schilling, Debra Winger, Nick Cannon, Patrick J. Adams and Mike Colter.

Season one star Michael Chiklis also returns, this time playing a wrestling coach

who pushes his protégé too far in *Justin's Story*.

'The show explores existential crises in law, but these are not cut-and-dry stories, they're dealing with complex issues that occur all around us,' says *The Shield* star Chiklis, 61.

'I don't know how you can watch it and not feel tremendous empathy for what these people are going through. It's meant to make you feel.'



William H. Macy
as Ray

Healing powers

A miracle mushroom
turns the world of
medicine upside down



Dave King
plays Marshall

Common Side Effects

NEW Available: **Monday 3 Feb** Genre: **Adult animation** Season: **1** Eps: **10** (two eps from Mon 3 Feb, then weekly)

What would happen if a natural remedy was discovered that could cure all the world's diseases? That's the premise behind whip-smart new animation series *Common Side Effects*.

When Marshall (voiced by Dave King) finds a rare mushroom that could revolutionise medical science, he enlists the help of his former high school friend Frances (Emily Pendergast) to explore its possibilities. However, his good intentions are endangered by a villainous pharmaceutical company which is determined to stop Marshall from releasing the fungi to the world.

The voice cast also includes Mike Judge – the brains behind *Beavis and Butt-Head*, *King of the Hill* and *Silicon Valley* – as Rick Kruger, the incompetent CEO of Reutical Pharmaceutical Inc, one of the biggest drug companies in the world.

According to co-writers Steve Hely and Joe Bennett, the show was inspired by the state of healthcare provision in the US.

'We were interested in what healing means to different people, law enforcement and the drug war. We wondered how a miracle medicine would affect the world,' says Hely.

'Mushrooms are really strange. Some can kill you, some can make your mind feel pretty strange. It seems like something we've barely scratched the surface of in terms of our knowledge.'



Is this the
miracle cure?

Ted (Dominic Murphy), Mo (Zak Douglas), Reece (Dylan Thomas Smith) and Christopher (Jake Kenny-Byrne)

Teenage kicks

The lovable Scousers are back with another helping of heart and humour...

itvX **G'wed**

NEW Available: **Thursday 6 February**
Genre: **Comedy** Season: **2** Episodes: **5**

The *Inbetweeners*-style comedy *G'wed* returns for a second season following the exploits of a crew of Liverpool school kids, as they navigate dramas from age-gap relationships to anorexia with their own brand of cheeky humour.

Poignantly, the first episode features the late drag star The Vivienne, who died earlier this year, as a Liverpool nightclub owner who offers Ted a last-minute spot as a drag night compère after spotting his comedy potential.

'Season two brings back everything people loved about the first season, from humour to mischief and everything in between,' says Dominic Murphy, who plays Ted.

'Ted has taken on more responsibilities since we last saw him. In school he's mentoring a boy a couple of years below him and he's also got himself a job in a bar at night. Like most 16-year-olds he's just trying to make everything work while having fun with his friends.'

Meanwhile, Reece (Dylan Thomas Smith) reconnects with his estranged dad, Mia-Louise (Gemma Barraclough) meets an older guy online, and Aimee (Amber Harrison) and 'posh muppet' Christopher (Jake Kenny-Byrne) are now dating.

However, things begin to unravel when Aimee ends up trying to support her dad financially by joining an OnlyFans-style platform, and a party threatens to

tear the whole friendship group apart.

'Aimee has her ups and downs this season. She struggles through money problems, family troubles and relationships coming to an end,' says Harrison. 'You'll see lots of chaos and fallings-out. But there are also heartwarming moments and lots of laughs.'

Murphy adds that the cast was blown away by the reaction to the first season.

'It's a very rewarding feeling,' he says. 'Every day on set is a joy and something always tends to happen which sends us into fits of laughter. But we're also conscious of the bar we set for ourselves. It's such a special show.'

● *G'Wed* also airs weekly on ITV2 (Thursday, 10.05pm).



Guest star
The Vivienne

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



Amanda and Alan's Spanish Job

As Amanda Holden and Alan Carr return for more renovations on BBC1, they transform a run-down townhouse in Spain into a B&B, but struggle with their Spanish vocab when buying tools in a DIY store.



The Fear Clinic: Face Your Phobia

C4's intriguing documentary follows Brits with various phobias as they undertake innovative treatment in Amsterdam, including Ollie, who has been terrified of balloons since he was a child.



The Spanish Baby Scandal

A special episode of ITV1's *Long Lost Family* explores the cases of children secretly taken from their parents in Spain. British woman Ruth Appleby (above, left) recounts why she feels her baby may be among them.



Michael McIntyre's Big Show

In the comic's extravaganza on BBC1, the Unexpected Star prank features an unsuspecting Marti Pellow (above). When the singer dines in Jamie Oliver's restaurant, he gets more than he bargained for...

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Dr Hilary Jones
GP and Health Advisor



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+ Pick of the new releases

The best new shows to enjoy this week on streaming services...

4 Common Side Effects

Monday 3 February

Adult animation. Two former high-school friends reconnect and unravel a conspiracy involving big pharma and the government to suppress knowledge of a rare fungus that may hold the cure to all the world's illnesses. *Beavis and Butt-Head* and *King of the Hill*'s Mike Judge is among the voice cast.

viaplay Moment of Fear

Monday 3 February

Norwegian docuseries exploring how people react to being exposed to acute danger and the mark it leaves on them. It delves into five dramatic events using archive footage, reconstructions and interviews with those who survived.

itvX The Sex Lives of College Girls

Tuesday 4 February

Season 3 of the comedy drama co-created by Mindy Kaling revolving around four female room-mates as they navigate life at a prestigious college in Vermont, New England.

itv4 Love You to Death (A Muerte)

Wednesday 5 February

Spanish romantic-comedy series. Childhood friends – cautious Raúl (Joan Amargós), who has been diagnosed with cancer, and free-spirited, newly pregnant Marta (Verónica Echegui) – meet again at the funeral of an old school pal.

NETFLIX Prison Cell 211

Wednesday 5 February

Mexican drama inspired by true events. A human-rights lawyer visiting a client in jail gets caught up in a prison riot and



NETFLIX Cassandra

Thursday 6 February

German sci-fi thriller. A family moves into the country's oldest smart home, which has been empty for years, only to discover that it's under the control of a virtual assistant called Cassandra. Determined never to be abandoned again, she will stop at nothing to keep them there.

poses as an inmate in order to survive, but will his own darkness turn him into a criminal as dangerous as those around him?

NETFLIX Kinda Pregnant

Wednesday 5 February

Film comedy starring Amy Schumer as Lainy who, jealous of her best friend's pregnancy, wears a fake baby bump. But living out such a big lie gets rather complicated. With Will Forte, Jillian Bell and Uzi Carlson.



Love You to Death (A Muerte)

NETFLIX Celebrity Bear Hunt

Wednesday 5 February

Survival competition hosted by Holly Willoughby. Twelve celebrities are dropped into the Costa Rican jungle where they are hunted by Bear Grylls. If he catches them, they are eliminated from the show. The contestants include Boris Becker, Mel B, *Strictly* judge Shirley Ballas and *Ted Lasso* actor Kola Bokinni. See feature, page 4.

itvX G'Wed

Thursday 6 February

Second season of the comedy following a group of teens in Liverpool as they face new challenges. Includes a cameo appearance by The Vivienne who died in January. See feature, page 17.

Disney+ The Kardashians

Thursday 6 February

Sixth season of the reality series featuring the Kardashian-Jenner family. Kourtney, Kim, Khloé, Kendall, Kylie and Kris continue to deal with being mums and businesswomen as well as eyeing up future opportunities.

prime Clean Slate

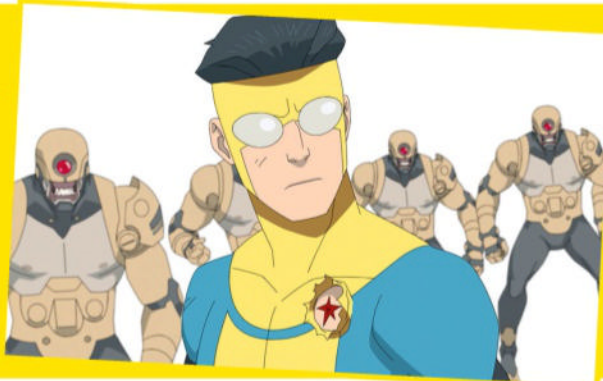
Thursday 6 February

Comedy. Harry (George Wallace), an old-school car-wash owner in Alabama, is surprised when the estranged child he once called 'son' returns home after 17 years and is now a trans woman named Desiree (*Orange Is the New Black*'s Laverne Cox).

NETFLIX Apple Cider Vinegar

Thursday 6 February

Dopesick's Kaitlyn Dever stars in an Australian drama loosely based on real events. Two young women set out to cure their cancers through natural therapies, influencing their online followers and creating wellness empires as they do so. But their inspiring stories are based on lies. See feature, page 14.



prime Invincible

Thursday 6 February

Third season of the adult animated superhero series. After inheriting his father's superpowers, 17-year-old Mark Grayson (*Beef*'s Steven Yeun) discovers that being the world's greatest defender is more challenging than he thought it would be.

NETFLIX The Åre Murders

Thursday 6 February

Swedish crime drama. A Stockholm detective under internal investigation heads to a ski resort to unwind until a young girl's disappearance drives her back to work.

Amazon Accused

Thursday 6 February

Part one of the second season of the US anthology legal drama based on Jimmy McGovern's 2010 series which tells the story from the point of view of the defendants. They include Felicity Huffman as a psychic medium accused of fraud. See feature, page 16.

prime Newtopia

Friday 7 February

South Korean apocalypse thriller series. A couple, who broke up after an argument, race across a chaotic, zombie-infested Seoul to be together again.

4 The Sketch Artist

Friday 7 February

Third season of the French Canadian crime drama from Walter Presents. Ève Garance (Rachel Graton), a sketch artist for the Montreal police, has a gift for reading people and uses her talent to help her colleagues catch criminals.

Amazon Lola

Friday 7 February

Film drama written, directed and starring Nicola Peltz Beckham as Lola, an exotic dancer addicted to cocaine, who is trying to save enough money to get her little brother out of their abusive mother's home.

Documentaries

Unruly dogs are transformed into hero hounds in **Alan Titchmarsh's** new series

NEW FACTUAL

Alan Titchmarsh's Underdog to Superdog

Tuesday, 7pm, Channel 5

Love Your Garden presenter Alan Titchmarsh swaps flowers for our four-legged friends as he gives rescued, abandoned and badly behaved dogs a chance to shine in his new four-part Channel 5 series *Alan Titchmarsh's Underdog to Superdog*.

Each week, two problem pooches are trained by experts to do incredible jobs like mountain rescue, fire investigation and dog therapy – giving them a whole new lease of life in the process.

'I've loved dogs forever, since I was a lad,' says Titchmarsh, 75, who's joined throughout the series by his daughter's cockapoo, Mabel.

'Dogs can generally do far more than we

Magnificent mutts!

Alan Titchmarsh with cockapoo Mabel



Guy Martin: Proper Jobs

Sunday, 8pm, US&Dave

This week, the intrepid presenter (above) spends a week working on the Calf of Man, a remote island nature reserve off the Isle of Man's coast. Living in basic lodgings in an abandoned 1960s lighthouse, he helps the team preserve the island's habitat – from tagging rare sea birds and repairing fake puffins to restoring the island's only tractor.



Top Guns: Inside the RAF

Tuesday, 9pm, C4 (box set, Channel 4)

With unprecedented access to Royal Air Force personnel, this six-part series follows the RAF as it deals with hostile threats across the globe, including audacious missions over Syria and Yemen. The opening episode features pilot Josh as his Typhoon fighter jet is confronted by a Russian aircraft when he flies over the Black Sea.



Inside the Factory

Tuesday, 8pm, BBC1

Paddy McGuinness (above) is off to Strabane in Northern Ireland this week where more than half a million sausage rolls are produced daily by the McColgan's factory to a top-secret recipe, many destined for the UK's supermarkets. Elsewhere, Cherry Healey learns what goes into black pudding and Ruth Goodman uncovers the history of the picnic.



With fire detection
trainer Clive Gregory
and spaniel Lychee

ask them to do given proper, patient training, and I think viewers will be surprised, not just by what these dogs can do but how quickly they learn. There are some remarkable stories in the series. It's really heartening.'

PAWS FOR THOUGHT

In this week's first episode, we meet attention-seeking poodle Freddie, who gets the opportunity to train as a doggy model, and nurse Corinthia's sprocker spaniel Lychee, who often goes AWOL on the hunt for new scents.

However, Titchmarsh believes Lychee's sensitive nose could be put to good use as a fire-investigation dog, searching the wreckage of blazes to sniff out what caused them. But will Lychee be able

to pass the training? 'Corinthia's reaction when she saw what Lychee was able to do was overwhelmingly emotional,' Titchmarsh says. 'I have to admit that I was weeping with her. It reinforces the importance of that bond between humans and dogs and reminds us just how strong that bond is.'

Later in the series, Labrador Duke trains as a stunt dog, becoming the Tom Cruise of the canine world, and much-loved family pet Yuki, who recently lost an eye to glaucoma, finds a new calling in canine therapy. But not every dog rises to the challenge...

'We have Drogo, a Central Asian shepherd dog from

Ukraine, who trains to be a water rescue dog,' Titchmarsh reveals.

'I got in the swimming pool to encourage him and he wouldn't even come in the water. He looked at me as if to say, "I don't think so!"'

'We were asking a huge amount of these dogs, but we had to be prepared for not every dog being able to complete their challenge.'



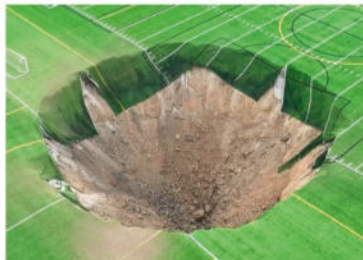
Freddie the poodle
strikes a pose



The Fear Clinic: Face Your Phobia

Tuesday, 8pm, C4

This week, 18-year-old Miriam (above) heads to Amsterdam's Kindt Clinics in a bid to overcome a fear of sheep that's so overwhelming she struggles to be outdoors if she thinks the farm animals could be anywhere close by. Meanwhile, Dave faces up to a phobia of moths that is cramping his lifestyle.

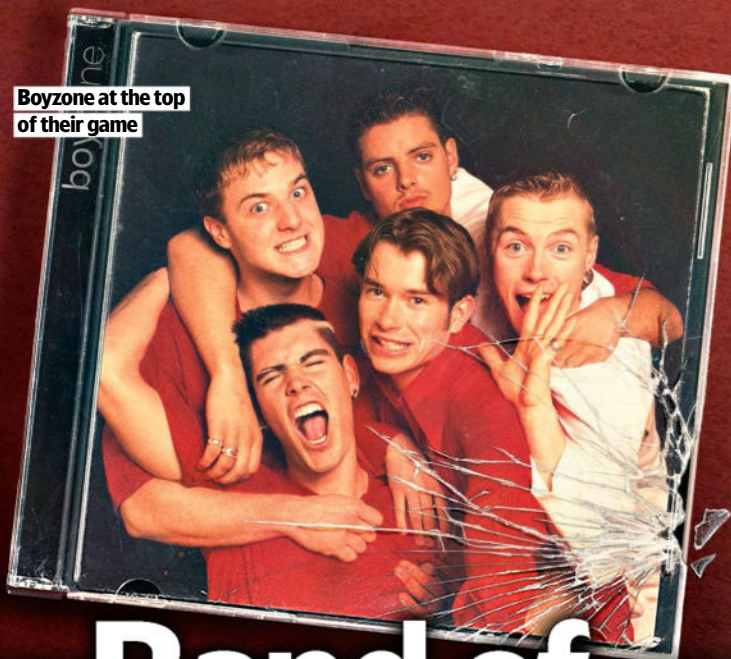


Mysteries of Sink Holes

Sunday, 6pm, C4

This documentary takes a look at sinkholes around the world, including Florida's 'Sinkhole Alley' where there have been more than 20,000 incidents, and Guatemala City where a 20m sinkhole swallowed a three-storey factory. Back in the UK, Matt Pritchard reveals how a chasm slowly tore his Yorkshire home apart.

Boyzone at the top
of their game



Band of brothers

Boyzone look back at
their pop-music heyday

NEW **FACTUAL**

Boyzone: No Matter What

Sunday, 9pm, Sky Documentaries & Sky
Showcase (box set, Sky Box Sets & NOW)



The band
in 1994

In 1993, music agent Louis Walsh placed an advertisement in Irish newspapers calling auditions to form a new boy band. More than 300 hopefuls turned up, each trying to win a place in what was being dubbed the Irish Take That.

Finally, the hopefuls were whittled down to five successful candidates – Ronan Keating, Shane Lynch, Keith Duffy, Mikey Graham and Stephen Gately – and the rest is history.

Managed by Walsh, Boyzone were soon taking the world by storm, selling 25 million records, including six UK No.1s, before they split in 2000 amid personality clashes and solo ambitions.

Now, more than 30 years on from their first hit – a cover of The Osmonds' *Love Me for a Reason* – the four surviving band members talk candidly about their experiences of stardom in three-part film *Boyzone: No Matter What*.

There are certainly some shock revelations, including how Duffy and Lynch were once left in Ireland while the others recorded vocals in London, and how Graham wrote an album of songs that was never used.

'We've not said anything to purposely be shocking, we've just spoken honestly and explored the same memories but from our own perspectives,' says Duffy, 50, who went on to star in *Coronation Street*.

'It gave me great insight, how Shane, Ronan and Mikey remember the same things differently. It's been an education to watch the documentary and understand the other boys.'



Manager
Louis Walsh

THERAPEUTIC

It also explores the tragic loss of Gately, who died of pulmonary oedema in 2009.

'Losing Stephen was devastating and we didn't have the emotional tools to deal with it,' says Duffy. 'So making this series was almost therapeutic – like an extended counselling session.'

Boyzone, whose hits included cover versions of *Words, Father and Son*, and *When the Going Gets Tough*, re-formed in 2007 before splitting for good in 2019. But will this new documentary series spark another reunion? Duffy won't say...

'We still get together to enjoy a steak and a glass of wine from time to time,' he smiles. 'We also had the odd pint of Guinness during filming.'

Film Our Pick of

PREMIERE
OF THE
WEEK

THE BIKERIDERS

Tom Hardy, Austin Butler and Jodie Comer get their motors running for this 1960s-set saga

PERIOD DRAMA

Friday, 11.25am & 8pm,
Sky Premiere

★★★★

A beautifully filmed exploration of a much maligned sub-culture, this masterful movie by director Jeff Nichols (*Take Shelter*, *Midnight Special* etc) delves into the early days of biker gangs. It follows the fictitious incarnation of a group

from America's Midwest called the Vandals in the early 1960s – outsiders who simply loved to ride, but who ultimately end up attracting outright hoodlums to become little more than a feared criminal enterprise.

Initially, bikes, hard drinking, punch-ups and a disregard for traffic laws unite them, their bond and sense of comradeship also giving

them a sense of family. Our way into them is through Kathy (Jodie Comer), a no-nonsense woman who falls for Benny (Austin Butler), a Vandal and best friend of their leader, Johnny (Tom Hardy).

It's a sprawling film mostly happy to just ride along with them, before Johnny starts to lose his grip on the ever-increasing numbers joining and a dark turn imminent.

The cast – which also includes the likes of Michael Shannon, Boyd Holbrook and Norman Reedus – is incredible and the photography equally excellent. Nichols has created an engrossing insight into a world unseen by most, with genuine affection felt for these rowdy rebels who rejected what the world was offering them. 2023, 15, 116MIN

STAR RATINGS ★★★★★ Excellent ★★★★★ Very good ★★★ Good ★★ Average ★ Poor

the Week's Best Films

PERIOD DRAMA

Queer

On now, on demand, Mubi

★★★

By turns cocksure and vulnerable, Daniel Craig delivers a brilliant performance as a dissolute American in dusty, wind-blown, early-1950s Mexico City, but he's not enough to make this adaptation of the semi-autobiographical novel by cult writer William S Burroughs a success. In the course of the film, Craig's tequila-swilling, heroin-addicted gay expat pursues two obsessions. This first is his infatuation for clean-cut ex-serviceman Eugene (Drew Starkey) and the second is his desire to locate a psychoactive plant with supposedly telepathic properties. Sadly, neither director Luca Guadagnino's flashy direction nor a soundtrack peppered with anachronistic rock and pop songs can stop long stretches of the film from being a little dull. From 31 January. 2024, 18, 137MIN



Belting it out:
Louise and friends

MUSIC DRAMA

Chuck Chuck Baby

Sunday, 7.45am & 6.10pm, Sky Premiere

★★★★

Struggling with a dead-end job in the local poultry-packing factory and a bitter, useless ex-husband she's forced to live with (along with his new teenage wife), timid middle-aged Helen (a superb Louise Brealey) sees her life in a North Wales town going nowhere. Then Joanne (an equally impressive Annabel Scholey) comes back

into her life, after being her teen crush when they were both 15. But does Helen have it in her to tread a new path? Using songs playing on radios and stereos for characters to sing along to (occasionally turning into full-blown choreographed numbers), this not-quite-musical contains broad comedy, but isn't afraid to travel to darker dramatic terrain. It's an oddball mixture of genres, but first-time film-maker Janis Pugh blends them wonderfully, creating something original, heartfelt and satisfyingly emotional. 2023, 15, 101MIN



Coming apart:
Daniel and Drew



Parenting duty:
Cameron and Jamie

ACTION COMEDY

Back in Action

On now, on demand, Netflix

★★★

Here's a movie that's a key lesson in what star power brings. This utterly routine story – ex-agents are forced 'back in action' 15 years later and have to drag their teenage kids with them – is elevated simply by the parents being Jamie Foxx and

Cameron Diaz (returning to film after a decade away). Add to that Glenn Close as her mum and their British MI6 counterpart played by Andrew Scott, and you have a cast that can make pretty much anything work. The action scenes are decent, the comedy hit and (mostly) miss, while Foxx and Diaz make for unsurprisingly pleasant company. 2025, 12, 114MIN

PSYCHOLOGICAL DRAMA

I Saw the TV Glow

Saturday, 9.40am & 10.35pm,

Sky Premiere

★★★

A perplexing, sometimes mystifying drama that's heavy on gorgeous visuals but light on story structure, this tale set in a 1990s American suburb follows two lost, guarded teens (Justice Smith and

Brigette Lundy-Paine) who bond over a TV show, *The Pink Opaque* (think *Buffy the Vampire Slayer*), which builds to obsession. Taking in gender identity, nonconformity and compulsive behaviour, director Jane Schoenbrun's film is certainly interesting, but lacks emotional heft, not helped by the lead characters' interminable, perpetual gloom. 2024, 15, 100MIN



Transfixed: Justice
and Brigitte

FilmFinder

The best of the week at a glance

Action comedy



The Gentlemen

On demand, Prime Video ★★★★★
Director Guy Ritchie returns to his larky Brit gangster-movie roots with hilarious results. The star-studded cast includes Matthew McConaughey, Michelle Dockery and Hugh Grant. 2020, 18, 113MIN



Spy

On demand, Netflix ★★★★★
Melissa McCarthy is at her funniest as a CIA analyst thrust into the field. Her comic scrapes are brilliantly handled and Jude Law, Jason Statham and Rose Byrne are all spot-on, too. 2013, 12, 96MIN



R.I.P.D.

Saturday, 9pm, GREAT! movies ★★★
Recently deceased cop Ryan Reynolds joins cranky Jeff Bridges in a ghostly police force that nabs souls who refuse to leave Earth. And there's a conspiracy to solve, too, in this enjoyable caper. 2013, 12, 96MIN



Polite Society

Wednesday, 10am & 2.30am, Sky Hits ★★★★★
An inventive charm-bomb of a movie in which schoolgirl Priya Kansara's wannabe stunt performer takes wild steps to torpedo her sister's wedding. 2023, 12, 100MIN

Drama



Goodbye Bafana

Monday, 8.15am, Sky Drama ★★★★★
A racist prison guard (Joseph Fiennes) changes through his relationship with incarcerated Nelson Mandela (Dennis Haysbert) in 1960s South Africa in this expertly acted tale. 2007, 15, 118MIN



To Olivia

Monday, 12.50pm, Sky Drama ★★★★★
The lives of author Roald Dahl (Hugh Bonneville) and his wife Patricia Neal (Keeley Hawes) take a dark turn after the death of their daughter, Olivia. An engaging tale of the unexpected. 2021, PG, 99MIN



Sundown

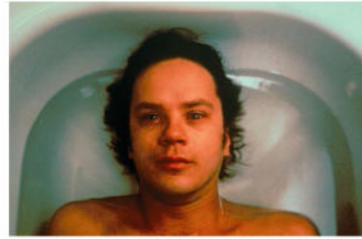
Tuesday, 6.40am, Sky Drama ★★★★★
Rich Tim Roth is holidaying in Acapulco when his mum dies. Rather than return home, he cuts all ties with his family to saunter around paradise in a darkly comic, tough morality play. 2021, 15, 82MIN



Frost/Nixon

Friday, 9.45pm, Sky Drama ★★★★★
Frank Langella, as slippery ex-US president Richard Nixon, and Michael Sheen, as talk show host David Frost, are brilliant in this suspenseful, riveting and touching film of their 1977 interviews. 2008, 15, 122MIN

Horror



Jacob's Ladder

On demand, Netflix ★★★★★
Tim Robbins is on commanding form as a Vietnam veteran haunted by flashbacks to army service and by the demons he begins to encounter in this compelling psychological chiller. 1990, 15, 113MIN



The Night House

Saturday, 11.25pm, Film4 ★★★★★
Devastated by her husband's suicide, Rebecca Hall's teacher is pushed further into mental anguish by his dark secrets... Hall is incredible in this mysterious chiller that'll make you jump. 2021, 15, 103MIN

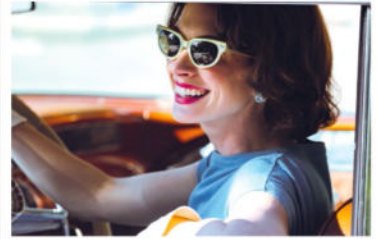
EDITOR'S CHOICE



A Quiet Place: Day One

Fri, 6.15pm, Sky Sci-Fi/Horror ★★★★★
In this intriguing, gripping and superbly acted prequel, Lupita Nyong'o's terminally ill Sam is on a day out in New York when the blind aliens arrive. She is helped by a cat and in turn aids scared Eric (Joseph Quinn). They form a connection and, with the end of Sam's life looming (along with many more), there are poignant reflections how we choose to live – and die. 2024, 15, 99MIN

Thriller



Mothers' Instinct

On demand, Netflix ★★★★★
In 1960s New York, neighbours Jessica Chastain and Anne Hathaway are best pals. Until they're not... A deft, well-acted thriller questioning gaslighting, gender roles and the cruelty of frenemies. 2023, 15, 94MIN



The Girl on the Train

Saturday, 8pm, Sky Thriller ★★★★★
Paula Hawkins' best-selling novel moves to the US for a gripping adaptation. Emily Blunt is excellent as the drunken, prickly title character who's drawn into a woman's disappearance. 2016, 15, 116MIN



Hanna

Monday, 6.25am & 1.55am, Sky Thriller ★★★★★
A gripping yarn about a teen (Saoirse Ronan, pulling off her role with aplomb) trained from infancy by her dad (Eric Bana) to be the perfect assassin. 2011, 12, 111MIN



Promising Young Woman

Thu, 5.55pm, Sky Thriller ★★★★★
Pursuing payback against predatory men, Carey Mulligan is on searing form in writer-director Emerald Fennell's blistering debut, a darkly twisty, debate-stirring revenge thriller. 2020, 15, 113MIN

Weekend movies

Saturday 1 February

COMEDY FANTASY

Barbie

8pm, Sky Feel Good

★★★★

Sex ●●● Violence ●●● Language ●●●

Living a perfect life, Barbie (Margot Robbie) suddenly has thoughts of death and must go into the real world to put things right, with lovesick Ken (Ryan Gosling) tagging along. She finds a horrifying realm where men rule, while Ken disastrously takes the idea back home... Can Barbie (with America Ferrara and daughter Ariana Greenblatt) save her world? Director and co-writer Greta Gerwig's satire is hilarious, cutting and emotional, with sensational turns from Robbie and Gosling. 2023, 12, 114MIN



In the pink: Ryan and Margot

COMEDY

The Pink Panther

1pm, Sky Arts

★★★★★

Sex ●●● Violence ●●● Language ●●●

The comedy that first showcased Peter Sellers' hilarious, bungling Inspector Clouseau also reminds us that the Pink Panther, despite the witty cartoon credits, is actually a precious diamond, and David Niven the debonair jewel thief who's out to nab it. Director Blake Edwards' marvellous movie is a riot of classic visual and verbal gags and Sellers' scenery-smashing antics will have you rolling around with mirth. 1963, PG, 113MIN

PERIOD DRAMA

Sense and Sensibility

3.40pm, BBC2

★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Ang Lee brings a whole new sensibility to bear on Jane Austen's classic novel, eschewing the chocolate-box look of most British period films in favour of something more sombre and moody. Emma Thompson (who also wrote the Oscar-winning screenplay) and Kate Winslet are the two sisters who are deprived of their inheritance, while Hugh Grant, Alan Rickman and Greg Wise provide the romantic entanglements. 1995, U, 136MIN

ACTION

Top Gun: Maverick

8.30pm, C4

★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise makes a welcome return as US naval aviator Pete 'Maverick' Mitchell. A cocky recruit back in 1986's *Top Gun*, he now has to train a new batch of chalk-and-cheese types (including Miles Teller and Glen Powell) for a dangerous mission. Cruise is the best actor at delivering thrills, so of course the action is awesome, but more surprisingly this expertly crafted and emotional blockbuster gets it right on the ground, too. 2022, 12, 130MIN

SCI-FI ACTION

The Predator

11.05pm, C4

★★★

Sex ●●● Violence ●●● Language ●●●

The franchise gets another reboot, this time mixing gory action and larky banter. Soldier Boyd Holbrook has already taken on a Predator before, but now, along with a band of allies, including Olivia Munn's biologist and some military prisoners, must battle an even bigger Predator. Writer-director Shane Black goes to town with the OTT violence, bad taste gags and jokey callbacks. 2018, 15, 107MIN

Full listings start on p35

Sunday 2 February

COMEDY HORROR

Get Away

12.35am, Sky Premiere

★★★★

Sex ●●● Violence ●●● Language ●●●

A typical British family (amiable dad Nick Frost, wife Aisling Bea and teen kids Sebastian Croft and Maisie Ayres) go on holiday to an isolated Swedish island to see a bizarre festival there. The locals, led by a wild-eyed Anitta Suikkari, are not best pleased to see outsiders, but Eero Milonoff, the creepy owner of the family's rented house, is more welcoming. It's obvious from the get-go things are not what they seem, but there are surprises for everybody when carnage erupts in a wildly entertaining, pitch-black comedy. 2024, 15, 86MIN



Killing time: Aisling and Nick

ANIMATION

Kung Fu Panda 4

11.10am, Sky Animation

★★★

Sex ●●● Violence ●●● Language ●●●

Adorable roly-poly panda Po (voiced by Jack Black) is back after an eight-year break. At the peak of his spiritual mastery, Po is on the lookout for a new Dragon Warrior to succeed him. Teaming up with fox thief Zhen (Awkwafina), he has to a new baddie to battle, The Chameleon (an enjoyably menacing Viola Davis). Black and Awkwafina are effortlessly funny in this amiable entry that's never too far away from another zippy fight scene. 2023, PG, 94MIN

FAMILY

Seabiscuit

12.45pm, GREAT! movies

★★★

Sex ●●● Violence ●●● Language ●●●

In the 1930s US, a racehorse called Seabiscuit is an inspirational force in the lives of its owner (Jeff Bridges), trainer (Chris Cooper) and jockey (Tobey Maguire). This feel-good true story presents Seabiscuit as a heroic symbol of American true grit – he's the plucky little guy who prevails against the odds. Corny and sentimental it may be, but somehow it all works very well – helped along no end by the keen stars. 2003, PG, 140MIN

CLASSIC MUSICAL

Oliver!

1.20pm, Film4

★★★★★

Sex ●●● Violence ●●● Language ●●●

Mark Lester's Oliver Twist asks for more, considers himself one of the family and picks a pocket or two. Charles Dickens' classic makes for a spectacular British musical, with catchy song-and-dance numbers, lavish sets and an irreplaceable cast. Ron Moody's Fagin and Jack Wild's Artful Dodger are heartily larger than life, Oliver Reed is cruel Bill Sikes, Shani Wallis is Nancy and Harry Secombe hits the high notes as Mr Bumble. 1968, U, 146MIN

DRAMA

Belfast

10pm, BBC2

★★★★★

Sex ●●● Violence ●●● Language ●●●

It's Belfast, 1969, and a boy (Jude Hill) has little idea of the politics at play as violence erupts in his street where Protestants and Catholic families lived in harmony. Though informed by the Troubles, writer-director Kenneth Branagh's beautiful black-and-white drama favours sweetness over enmity and it's the generosity of spirit that makes it so special. 2021, 12, 98MIN

Full listings start on p45

HOME PREMIERES
New movies to buy or rent on Sky, Virgin, Prime Video and more



Bite back: Nicholas and Lily-Rose

FANTASY HORROR

Nosferatu

From Monday

★★★★★

Sex ●●● Violence ●●● Language ●●●

Bram Stoker's immortal *Dracula* gets another cinematic retelling but, following FW Murnau's 1922 silent classic, Robert Eggers' film is a chilling encounter with Count Orlok rather than Dracula. Under layers of icky prosthetics, Bill Skarsgård's Orlok lures naive solicitor Nicholas Hoult from 1838 Germany to Transylvania and shares a creepy psychic bond with his new bride (Lily-Rose Depp). Eggers' ripely Gothic film is visually stunning – there are scenes as eerily beautiful as anything you are likely to see on screen this year – but the ornate, cod-Victorian dialogue and melodramatic characters mean there are as many comically camp moments as scary ones. 2024, 15, 132MIN



Head start: Venom

SUPERHERO

Venom: The Last Dance

On all week

★★★

Sex ●●● Violence ●●● Language ●●●

In this trilogy-closer, hero Eddie Brock (Tom Hardy) and alter-ego Venom are in danger from Knull, the god of symbiotes who's intent on escaping prison on a far-flung planet to kill all symbiotes and, while he's at it, the human race. But he needs Venom... The never-properly-explained ins and outs of all this is enough to make you want to bite off your own head, but there is pleasure in the heroes' affectionate bickering, which often raises a smile as well as an odd guffaw. 2024, 15, 109MIN

Weekday movies

Monday 3 February

FAMILY

IF

9.50am, Sky Family

★★★

Sex ●●● Violence ●●● Language ●●●

With her mum dead and dad (director and co-writer John Krasinski) in hospital, 12-year-old Cailey Fleming finds hope in the shape of some lost imaginary friends (IFs), all corralled by a curmudgeonly Ryan Reynolds. It's corny, but Krasinski's film blossoms into something magical, helped by colourful visuals and a starry IF voice cast, including Steve Carell, Phoebe Waller-Bridge, George Clooney, Brad Pitt, Emily Blunt and Blake Lively. The tender finale may even leave you with a tear in your eye... 2024, U, 104MIN

Friendship group:
Cailey and Ryan



THRILLER

State of Play

4.20pm, Sky Thriller

★★★★

Sex ●●● Violence ●●● Language ●●●

This satisfyingly tangled conspiracy drama, loosely based on the acclaimed 2003 BBC drama, is an ideal vehicle for Russell Crowe. He plays a seasoned reporter working for Helen Mirren's bossy Washington DC newspaper editor who reluctantly teams up with the paper's eager-beaver blogger (Rachel McAdams) to investigate the suspicious death of the mistress of an up-and-coming congressman (Ben Affleck). 2009, 12, 127MIN

SUPERHERO

Deadpool 2

9pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

Ryan Reynolds' wisecracking superhero Wade Wilson, aka Deadpool, is back for his second solo adventure and it is every bit as outrageous and irreverent as before, poking gleeful fun at the superhero genre. This time, Deadpool has to stop Josh Brolin's time-travelling cyborg, Cable, from killing teen mutant Firefist (Julian Dennison), assembling a rag-tag band, including Zazie Beetz's blithely sassy Domino, to help him. 2018, 15, 119MIN

BIOPIC

Mr Jones

11.05pm, BBC2

★★★★

Sex ●●● Violence ●●● Language ●●●

In early-1930s Ukraine, when many in the west were misty-eyed about the achievements of Stalin and the Soviet Union, young Welsh journalist Gareth Jones (played by James Norton) travelled there and exposed the truth about the terrible famine that caused up to 10 million deaths. Polish director Agnieszka Holland takes a little too much time telling this story, but Jones' dogged heroism comes across vividly. 2019, 15, 119MIN

DRAMA

Daddio

3.10am, Sky Drama

★★★★

Sex ●●● Violence ●●● Language ●●●

A superb two-hander, this drama sees actors showing just how good they are at their craft. Dakota Johnson jumps into Sean Penn's cab at JFK airport to go home in New York, and over the journey they begin a conversation about their problematic relationships. A thoughtful, intelligent, engrossing – and gritty – drama that's so good, you won't want the trip to end. 2023, 15, 100MIN

■ Full listings start on p55

Tuesday 4 February

BIOPIC

Lee

1.50pm, Sky Hits

★★★

Sex ●●● Violence ●●● Language ●●●

A deliciously brusque Kate Winslet is US model-turned-photojournalist Lee Miller ('I'd rather take a picture than be one') in this handsome biopic. The film follows her reckless, hard-drinking obsessive as she finds her photographic passion in World War Two, haring across newly liberated France and Germany with the US Army, doggedly recording the horrors she finds and defying army bans on women reporters. Winslet's Miller is a superb creation, though friends and lovers come off as one-note. 2023, 15, 117MIN

Every picture tells
a story: Kate



SWASHBUCKLER

The Three Musketeers: Milady

11.55am & 2.25am, Sky Hits

★★★★

Sex ●●● Violence ●●● Language ●●●

In this fine follow-up to *The Three Musketeers: D'Artagnan*, D'Artagnan (François Civil) must hook up with the duplicitous Milady de Winter (Eva Green) to search for his kidnapped love (Lyna Khoudri). Naturally, fellow Musketeers Athos (Vincent Cassel), Aramis (Romain Duris) and Porthos (Pio Marmai) help. A sensational swashbuckler. Subtitled. 2023, 12, 115MIN

THRILLER

All the Money in the World

9pm, GREAT! movies

★★★★

Sex ●●● Violence ●●● Language ●●●

Oscar-nominated Christopher Plummer plays J Paul Getty in director Ridley Scott's true-story thriller. The film revolves around billionaire Getty's refusal to pay the \$17million ransom demanded by the Mafia when they snatched his grandson, John Paul Getty III (Charlie Plummer), in 1973. The film builds to a tense climax as mum Michelle Williams and fixer Mark Wahlberg fight for his release. 2017, 15, 133MIN

SCI-FI THRILLER

Limitless

9pm, Legend

★★★★

Sex ●●● Violence ●●● Language ●●●

A mind-blowing action thriller in which Bradley Cooper is excellent as a struggling writer who finds his mind expanding after an old pal slips him a revolutionary but dodgy new brain drug. His newfound abilities enable him to make gazillions on the stock market, which swiftly attracts the interest of a Wall Street mogul (Robert De Niro). This fast-paced thriller has an outlandish premise, but is a thrilling ride. 2011, 15, 105MIN

SCI-FI

A.I. Artificial Intelligence

10.45pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

Haley Joel Osment is an android boy, designed by scientist William Hurt to have real feelings. But he ends up an outcast with an overriding desire to be a real boy and only a talking teddy bear and robot Jude Law as friends. Osment is superb, but Law also excels as director Steven Spielberg weaves a mesmerising, poignant spell. 2001, 12, 145MIN

■ Full listings start on p65

Wednesday

COMEDY

Strays

10.20am,

Sky Cinema Comedy

★★★★

Sex ●●● Violence ●●● Language ●●●

Cute Border terrier Reggie (voiced by Will Ferrell) is dumped in the city by his terrible, deadbeat owner (Will Forte), where he meets Boston terrier Bug (Jamie Foxx), Australian shepherd Maggie (Isla



BIOPIC

Father Stu

9pm, Film4

★★★

Sex ●●● Violence ●●● Language ●●●

The eventful life of Stuart Long – an ex-boxer and failed actor who defied illness to become a Catholic priest – feels cramped within this reverential biopic. But there's no doubting Mark Wahlberg's commitment to this passion-project role. The star's abrasive energy stops Rosalind Ross' drama surrendering to faith-based sanctimony, while Mel Gibson gives his strongest turn in years as Stu's ill-tempered father. 2022, 15, 124MIN

BIOPIC

Respect

11.15pm, BBC1 (11.30pm Wales Fri, not Scotland)

★★★

Sex ●●● Violence ●●● Language ●●●

Picked to play Aretha Franklin by the Queen of Soul herself, Jennifer Hudson brings a passionate intensity to this handsome biopic. Solid and well-crafted, it feels at times a tad too safe, but Hudson's soaring vocals (recorded live) make it spring to life, raising goosebumps. Her riveting performance carries this reverent drama with (appropriately) amazing grace. 2021, 12, 145MIN

5 February

Fisher) and soft-hearted Great Dane Hunter (Randall Park). Reggie's new best buds convince him being a stray is where it's at, but Reggie now wants to make Forte pay – in the most eye-watering way possible... This expletive-riddled comedy revels in bad taste but it is also very touching – and absolutely hilarious. 2023, 15, 93MIN



Street wise:
Bug and Reggie

GANGSTER CLASSIC

Mean Streets

11.35pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

In his first film with director Martin Scorsese, Robert De Niro is outstanding as a fast-talking wastrel who wears his hat in his own distinctive way and leaves trouble in his wake. Harvey Keitel is also superb as his hellfire-obsessed buddy. Set in New York's tough Little Italy, where Scorsese grew up, this is an incredible slice-of-Mafia-life drama. Don't miss the opening sequence and look out for the director's memorable cameo. 1973, 15, 110MIN

BIOPIC

Tolkien

1.30am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This beautiful, deeply moving biopic about the early life of author JRR Tolkien traces the emotional roots of the mythical world he would go on to create back to his rural Worcestershire childhood as an orphan, his schooldays in turn-of-the-last-century Birmingham, and the trenches of World War One. Nicholas Hoult and Lily Collins shine as the writer and his wife. 2019, 12, 112MIN

Full listings start on p75

Thursday 6 February

ANIMATION

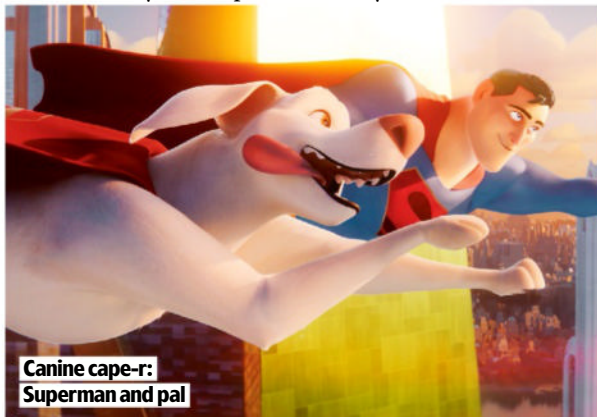
DC League of Super-Pets

On demand, Netflix

★★★

Sex ●●● Violence ●●● Language ●●●

This lively animation sees Krypto (voiced by Dwayne Johnson), faithful hound of Superman (John Krasinski), and other powered-up pets join forces against Lulu (Kate McKinnon), a gerbil with world domination in mind. A stellar voice cast (Keanu Reeves' grouchy Batman is a standout) and funky soundtrack add up to a lot of furry fun. But with a witty first half giving way to a wham-bam second and the myriad characters careering around, it's not as heartfelt as you'd hope. From today. 2022, PG, 105MIN



Canine cape-r:
Superman and pal

CLASSIC COMEDY

Some Like It Hot

8.20pm, BBC4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

In one of the funniest films ever made, Tony Curtis and Jack Lemmon dress up as female musicians to flee from mobsters and promptly fall for kooky singer Marilyn Monroe. It's hard to believe that Billy Wilder's comedy masterpiece had American censors frowning their brows back in 1959. The performances are terrific and the script sizzles with wit, not least Curtis' pitch-perfect imitation of Cary Grant. 1959, U, 122MIN

COMEDY

As Good As It Gets

9pm, Comedy Central ★★★★★

Sex ●●● Violence ●●● Language ●●●

Oscar-winning Jack Nicholson is brilliantly cast as an obsessive author who hates people – especially neighbour Greg Kinnear – but tolerates waitress Helen Hunt (also getting an Oscar) who always serves him at the local diner. But being forced to help out Kinnear by looking after his dog and getting to know Hunt and her asthmatic son cause Nicholson to face up to the world in this hugely enjoyable, laugh-and-cry tale. 1997, 15, 138MIN

ADVENTURE

The River Wild

9pm, Legend ★★★★★

Sex ●●● Violence ●●● Language ●●●

Meryl Streep makes a forceful action hero in this wilderness adventure. She's a former river guide trying to patch up her relationship with her husband (David Strathairn) on an ill-fated white-water rafting expedition with their son (Joseph Mazzello), when they are captured by Kevin Bacon and John C Reilly's escaped armed robbers. It is gripping stuff, even if the film becomes increasingly implausible as it goes along. 1994, 12, 112MIN

ANIMATION

Scarygirl

4.10am, Sky Animation ★★

Sex ●●● Violence ●●● Language ●●●

This Australian animation follows young Arkie (Jillian Nguyen) on her quest to unite a divided world, using a knack for tech and one tentacle arm. The aggressively jumbled character designs initially grate, but creative visuals, a prolific cast of voice talent – including Anna Torv, Tim Minchin, Deborah Mailman and Sam Neill – and a heartwarming message save the day. 2023, PG, 90MIN

Full listings start on p85

Friday 7 February

DOCUMENTARY

Free Solo

11.05pm, BBC2

★★★★

Sex ●●● Violence ●●● Language ●●●

You'll need a head for heights to watch this awesome doc about Alex Honnold, who pulled off the feat of scaling the almost sheer 3,000ft rock face of El Capitan in California's Yosemite National Park – without ropes or safety gear. Expertly shot by directors Jimmy Chin and Elizabeth Chai Vasarhelyi, the film follows Honnold's intense preparations for the climb over several years, revealing a supreme athlete with laser focus and a jaw-dropping attitude to risk, while the dizzying climb itself is gripping. 2018, 12, 100MIN



Rock steady:
Alex

SCI-FI ROMCOM

If You Were the Last

8am & 10.35pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

Although marooned on a spacecraft with no power and no way to contact Earth, astronauts Anthony Mackie and Zoë Chao are rock solid. As friends. But after three years alone in space, their relationship is tested when the idea of making out is floated. A cute, smart, supremely entertaining romantic comedy propelled along by the stars' wonderful chemistry and charm. 2023, 15, 92MIN

COMEDY

The Invention of Lying

6.10pm, Sky Cinema Comedy ★★★★★

Sex ●●● Violence ●●● Language ●●●

A quirky, clever comedy set in an alternate reality where lying does not exist. Co-writer, co-director and producer Ricky Gervais gives himself a tailor-made role as a loser who suddenly develops the ability to lie. Despite his lies being taken as the gospel truth by admiring crowds, he can't fib his way into the heart of the woman he loves (Jennifer Garner). 2009, 12, 100MIN

ROAD MOVIE

The Straight Story

11.20pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This wonderful slice of real-life Americana has a role that character actor Richard Farnsworth was born to play – that of the cantankerous Alvin Straight, who rode a lawnmower across America in 1994 to reconcile himself with his dying brother. While this gentle, whimsical film might seem an unlikely project for offbeat director David Lynch (who died last month), it fits in perfectly with his eccentric view of life. 1999, U, 111MIN

COMEDY

Superbad

11.30pm, BBC1 (12.30am Scot, not Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Cera and Jonah Hill are high school nerds who get invited to a party after agreeing to supply the alcohol. Naturally, the road to underage drinking is lined with comic potholes. Cera and Hill are hilarious, as are Christopher Mintz-Plasse as 'McLovin', plus Seth Rogen (who wrote the script) and Bill Hader as awful cops. A side-splitting joy. 2007, 15, 113MIN

Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Premier League

Can **Stephen Bunting** dethrone defending champion Luke Littler?



Embracing Luke Littler after their semi-final at the World Championship

LIVE DARTS

Thursday, Sky Sports+

Stephen 'The Bullet'

Bunting started 2025 in style by winning the Bahrain Masters a few weeks ago – besting Gerwyn Price in the final – and the world No.5 will be aiming for more success as he returns to the Premier League after a 10-year absence.

As the season begins in Belfast, Bunting has been handed a wildcard for the tournament, which takes

place over 17 nights across the UK, Ireland and Europe, concluding with the play-offs in London in May.

The eight-player field includes newly crowned world champion Luke Littler, who became the Premier League's youngest ever winner last year, along with 2024 runner-up Luke Humphries, Michael van Gerwen and Rob Cross, who Bunting begins against on Thursday evening.

We caught up with 39-year-old Bunting to hear more...

How does it feel to be back in the Premier League?

I was at home when I heard the news. To see my name come up in a newsflash on Sky Sports was such a special moment. It's 10 years since I was last in the Premier League and it's crazy to think how far I have come in those years. I'm really looking forward to it.

Which of the venues are you most looking forward to playing?

It's definitely Liverpool, the closest venue to my home. In previous years, I've always got a ticket to watch the lads there. But this year I won't be at a table having a good time. I'll be up on the stage trying to win.

your upturn in form?

I've had hypnotherapy, which has really helped. Also getting better sleep, practising a lot more and switching to heavier darts. These days I've got that smile on my face which makes me dangerous in every tournament I play in.

How do you look back on the World Championship?

I had a good run at Alexandra Palace and played some great games. I lost to Luke Littler in the semi-final, but I felt I played

What are the main reasons for



Littler with the 2024 Premier League trophy

THE MAIN EVENT



Marcus Smith secured victory for England with his late drop goal at Twickenham in 2024

LIVE RUGBY UNION

Six Nations

Saturday, BBC1 & ITV1

As the opening weekend continues, Gregor Townsend's Scotland begin their 2025 campaign on Saturday by welcoming Italy to Murrayfield (kick-off 2.15pm, BBC1). The Azzurri haven't triumphed in Edinburgh since 2015, but won last season's fixture in Rome 31-29



Scotland co-captain Rory Darge

with Welsh-born scrum half Stephen Varney among the try-scorers. That's followed by a potential classic in Dublin as interim Ireland coach Simon Easterby's back-to-back champions host England (kick-off 4.45pm, ITV1). Last year's match was an epic encounter as Marcus Smith's stoppage-time drop-kick denied Ireland the Grand Slam in a thrilling 23-22 victory.



Newcastle United's Alexander Isak

LIVE FOOTBALL

EFL Cup semi-finals

Wed & Thu, kick-offs 8pm, ITV1, Sky Sports Main Event & Sky Sports Football

Goals from Alexander Isak and Anthony Gordon mean Newcastle United are just one match from Wembley as the Magpies seek to protect a 2-0 advantage over Arsenal in their EFL Cup semi-final second leg at St James' Park on Wednesday (Sky Sports). On Thursday, holders Liverpool still have work to do to ensure a record-extending 15th final as the Reds host Tottenham Hotspur (ITV1 & Sky Sports) following a 1-0 defeat in the first leg.

well. I have a great fan base and the walk-ons were epic.

What inspired you to take up darts? Sitting by the fire, watching *Bullseye* on a Sunday night.

Your son Tobias is a keen player, too. Will he follow in your footsteps? I have just got him a new shirt printed and he'll be on the Amateur Darts Circuit this year. He is really keen and practices more than me. He's always pestering me to get on the oche.

US Ski Team's Lindsey Vonn



LIVE WINTER SPORTS

Alpine World Ski Championships

From Tuesday, Eurosport 1

At the age of 40 (and with a titanium knee), US superstar Lindsey Vonn has returned to the World Cup slopes this season after coming out of a six-year retirement. Fitness permitting, the former Olympic champion will be in action in Saalbach-Hinterglemm, Austria, as the biennial world championships begin this week. Thursday features the women's super-G which could see Vonn, who took gold in 2009, up against local favourite Conny Hütter, while US legend Mikaela Shiffrin has been in a race against time to overcome an injury she sustained at a World Cup event in November.



Adam Azim

LIVE BOXING

Adam Azim v Sergey Lipinets

Saturday, Sky Sports Main Event & Sky Sports+

Unbeaten in 12 fights, Slough boxer Adam Azim gets a shot at the vacant IBO world super-lightweight belt as he takes on Russia's former world champion Sergey Lipinets at Wembley

Arena. At 35, Lipinets is 13 years his opponent's senior and Azim reckons there will be a changing of the guard. 'Lipinets has fought some of the biggest names out there, but it's my time now,' he says.

Sport A-Z and football planner >>>



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Sport week **A-Z GUIDE**

AMERICAN FOOTBALL

LIVE Pro Bowl Games Championship
Sun 8pm Sky Sports NFL

BASKETBALL

LIVE Utah Jazz v Orlando Magic
Sat 10pm TNT Sports 1
The NBA inter-conference match.

LIVE New York Knicks v Los Angeles Lakers
Sat 1.30am TNT Sports 3
The NBA inter-conference game.

LIVE Cleveland Cavaliers v Dallas Mavericks
Sun 8.30pm TNT Sports 2
The NBA inter-conference fixture.

LIVE Philadelphia 76ers v Boston Celtics
Sun 11pm TNT Sports 2
NBA Eastern Conference match.

LIVE Oklahoma City Thunder v Milwaukee Bucks
Mon 1am TNT Sports 1
The NBA inter-conference game.

LIVE Cleveland Cavaliers v Boston Celtics
Tue 12.30am TNT Sports 1
NBA Eastern Conference fixture.

LIVE Los Angeles Clippers v Los Angeles Lakers
Tue 3am TNT Sports 1
NBA Western Conference match.

LIVE Oklahoma City Thunder v Phoenix Suns
Wed 1am TNT Sports 1
NBA Western Conference game.

LIVE Boston Celtics v Dallas Mavericks
Thu 12.30am TNT Sports 1
The NBA inter-conference match.

LIVE Los Angeles Lakers v Golden State Warriors
Thu 3am TNT Sports 1
NBA Western Conference fixture.

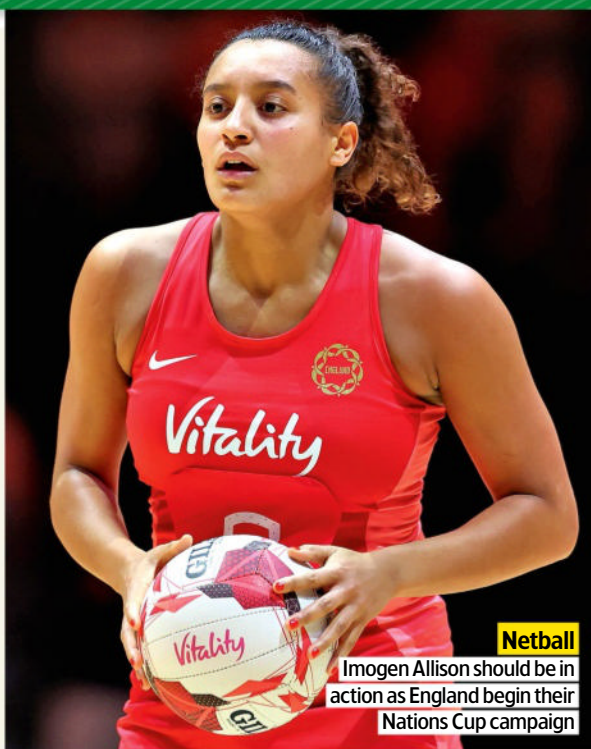
BOXING

LIVE Adam Azim v Sergey Lipinets
Sat 7pm Sky Sports+ & 8pm Sky Sports Main Event
The bout for the vacant IBO world super-lightweight title. See p29.

LIVE Colm Murphy v Kasimu Hamad Haji
Sat 9pm BBC2 NI Ireland
Featherweight title bout in Belfast.

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 3pm TNT Sports 1



Netball

Imogen Allison should be in action as England begin their Nations Cup campaign

LIVE Israel Adesanya v Nassourdine Imavov
Sat 5pm TNT Sports 1
Coverage of the middleweight bout from ANB Arena in Saudi Arabia.

LIVE One Championship
Fri 1am Sky Sports Mix
Coverage of ONE Fight Night 28 at Lumpinee Boxing Stadium, Thailand.

CRICKET

LIVE Sunrisers Eastern Cape v Paarl Royals
Sat 10.30am Sky Sports Cricket
The SA20 match from Gqeberha.

LIVE Joburg Super Kings v Durban's Super Giants
Sat 3pm Sky Sports Cricket
The SA20 match in Johannesburg.

LIVE Women's T20 Super Smash
Sat 11.30pm TNT Sports 2
The Grand Final from Wellington.

LIVE Australia v England
Sat 3am TNT Sports 1
The fourth and final day of the women's one-off Test in Melbourne.

LIVE Men's T20 Super Smash
Sat 3.15am TNT Sports 2
The Grand Final from Cello Basin Reserve in Wellington.

LIVE Sri Lanka v Australia
Sat 4.15am TNT Sports 3
Day five of the first Test from Galle International Stadium.

LIVE ICC U19 Women's World T20
Sun 6.15am Sky Sports Main Event & Sky Sports Cricket
Coverage of the final from Bayuemas Oval.

LIVE MI Cape Town v Pretoria Capitals
Sun 1pm Sky Sports Cricket
The SA20 match.

LIVE India v England
Sun 1pm TNT Sports 1
The fifth and final T20 from Mumbai.

LIVE SA20
Tue 3pm Sky Sports Main Event & Sky Sports Cricket
The first qualifier at St George's Park.

LIVE SA20
Wed 3pm Sky Sports Main Event & Sky Sports Cricket
Coverage of the eliminator match from SuperSport Park, Centurion.

LIVE Sri Lanka v Australia
Wed & Thu 4.15am TNT Sports 2;
Fri 4.15am TNT Sports 1
Days one to three of the second and final Test in the series from Galle International Stadium.

LIVE India v England
Thu 7.30am TNT Sports 1
The first ODI at Vidarbha Cricket Association Stadium in Nagpur.

LIVE SA20
Thu 3pm Sky Sports Cricket
Coverage of the second qualifier from SuperSport Park in Centurion.

CYCLING

LIVE AIUa Tour
Sat 11.45am Euro2
The fifth stage in Saudi Arabia.

LIVE Cyclo-Cross
Sat 1.45pm Euro2
The women's race at Lievin, France.

LIVE Cyclo-Cross
Sun 1.45pm Euro2
The men's race at Lievin in France.

LIVE Cyclo-Cross
Wed 12.40pm Euro2
The women's race in Maldegem.

LIVE Cyclo-Cross
Wed 1.55pm Euro2
The men's race from Maldegem.

LIVE Tour of Valencia
Wed 3.05pm, Thu & Fri 2.30pm Euro2
Coverage of stages one to three.

LIVE Women's UAE Tour
Thu & Fri 11am Euro2
Coverage of stages one and two.

DARTS

LIVE The Masters
Sat & Sun 12.45pm & 7pm ITV4
Days three and four from Marshall Arena, Milton Keynes.

LIVE Premier League
Thu 7pm Sky Sports+
Coverage of the opening night at SSE Arena in Belfast with a format featuring quarter-finals, semi-finals and a final all in one night. See p28.

GOLF

LIVE Bahrain Championship
Sat 9am & Sun 9.30am Sky Sports Main Event; Sat 9am & Sun 8.30am Sky Sports Golf
Coverage of days three and four at Royal Golf Club.

LIVE Pebble Beach Pro-Am
Sat 4.30pm & Sun 4pm Sky Sports Golf; Sat 11pm & Sun 7.30pm Sky Sports Main Event; Sun 5pm Sky Sports+
Coverage of days three and four from Pebble Beach Golf Links.

LIVE Boston Common Golf Club v Los Angeles Golf Club
Tue 2am Sky Sports Golf
The fifth TGL match in Florida.

LIVE African Amateur Championship
Wed 11am Sky Sports Golf; Wed-Fri 11am Sky Sports Mix
Days one to three at Leopard Creek.

LIVE Qatar Masters
Thu & Fri 9am Sky Sports Main Event & Sky Sports Golf
Days one and two at Doha Golf Club.

LIVE WM Phoenix Open
Thu & Fri 2.15pm Sky Sports Golf; Thu 3pm & 11pm, Fri 3pm Sky Sports Main Event
Days one and two at TPC Scottsdale.

HORSE RACING

LIVE Sandown
Sat 1pm ITV1

LIVE Musselburgh
Sun 1.30pm ITV1

ICE HOCKEY

LIVE Washington Capitals v Winnipeg Jets
Sat 12m't Premier Sports 2

LIVE Calgary Flames v Detroit Red Wings
Sat 3am Premier Sports 1

LIVE Buffalo Sabres v New Jersey Devils
Sun 6pm Premier Sports 2

LIVE Florida Panthers v New York Islanders
Sun 11pm Premier Sports 2

LIVE Seattle Kraken v Calgary Flames
Sun 2am Premier Sports 1

LIVE Nashville Predators v Ottawa Senators
Mon 12.30am Premier Sports 2

LIVE Washington Capitals v Florida Panthers
Tue 12m't Premier Sports 2

LIVE St Louis Blues v Edmonton Oilers
Tue 1am Premier Sports 1

LIVE New York Rangers v Boston Bruins
Wed 12m't Premier Sports 2

LIVE Chicago Blackhawks v Edmonton Oilers
Wed 2.30am Premier Sports 1

LIVE Philadelphia Flyers v Washington Capitals
Thu 12m't Premier Sports 2

LIVE Minnesota Wild v Carolina Hurricanes
Thu 12.30am Premier Sports 1

LIVE San Jose Sharks v Vancouver Canucks
Thu 3.30am Premier Sports 2

LIVE New York Rangers v Pittsburgh Penguins
Fri 12m't Premier Sports 2

LIVE Chicago Blackhawks v Nashville Predators
Fri 1.30am Premier Sports 1

LIVE Los Angeles Kings v Dallas Stars
Fri 3.30am Premier Sports 2

NETBALL

LIVE South Africa v Uganda
Sat 2.30pm Sky Sports Mix
The opening match in the four-team Nations Cup tournament at Motorpoint Arena in Nottingham.

LIVE England v Malawi
Sat 4.30pm Sky Sports Mix
Coverage of the Nations Cup game.

LIVE Malawi v Uganda
Sun 1.30pm Sky Sports Mix
A Nations Cup fixture.

LIVE England v South Africa
Sun 3.30pm Sky Sports Mix
Nations Cup coverage.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1
Coverage of the Champions League.

RUGBY LEAGUE

LIVE Cronulla-Sutherland Sharks v New Zealand Warriors
Fri 7am Sky Sports Main Event & Sky Sports Mix

RUGBY UNION

LIVE Scotland v Italy
Sat 1.15pm BBC1 (kick-off 2.15pm)
Coverage of both teams' opening Six Nations match from Murrayfield Stadium. See p29.

LIVE Ireland v England
Sat 4pm ITV1 (kick-off 4.45pm)
The teams begin their Six Nations campaign at Aviva Stadium.

LIVE France v Wales
Sat 7.50pm S4C (kick-off 8.10pm)
The teams' opening match in the Under-20 Six Nations.

LIVE Exeter Chiefs Women v Harlequins Women
Sun 12.30pm TNT Sports 2 (kick-off 12.45pm)
Coverage of the Premiership Women's Rugby match.

LIVE Bath v Bedford Blues
Sun 2.45pm TNT Sports 2 (kick-off 3pm)
Coverage of the Premiership Rugby Cup Pool D match from the Recreation Ground.

LIVE Italy v Wales
Fri 7pm S4C (kick-off 7.15pm)
The Under-20 Six Nations match.

LIVE Ayr RFC v Marr RFC
Fri 7.30pm BBC Alba
LIVE Sale Sharks v Doncaster Knights
Fri 7.30pm TNT Sports 1 (kick-off 7.45pm)
The Premiership Rugby Cup Pool A match staged at Salford Community Stadium.

SAILING

LIVE SailGP
Fri 4am TNT Sports 3

Sport A-Z and football planner >>>

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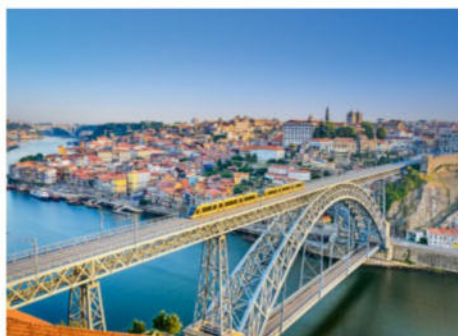
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Football planner

SKIING

LIVE Nordic Combined Skiing
Sat 8.50am & Sun 8.35am Euro1
Coverage from Seefeld in Austria.

LIVE Freestyle Skiing
Sat & Sun 12.30pm Euro1
From Veysonnaz in Switzerland.

LIVE Cross-Country Skiing
Sun 8.45am Euro2
From Cogne in Italy.

LIVE Ski Mountaineering
Sun 10.15am Euro2
The mixed relay from Boi Taull.

LIVE Alpine Skiing
Sun 10.30am Euro1
From Garmisch-Partenkirchen.

LIVE Alpine Skiing
Tue 2.15pm, Thu & Fri 10am Euro1
Coverage from Saalbach. See p29.

LIVE Freestyle Skiing
Thu 4.50pm Euro1
From Aspen, Colorado.

LIVE Nordic Combined Skiing
Fri 12.50pm & 4.05pm Euro1
From Otepää in Estonia.

SNOOKER

LIVE German Masters
Sat 1.05pm & 7pm, Sun
1.30pm & 7pm Euro1
Coverage of the semi-finals and final from Tempodrom Berlin.

TENNIS

LIVE WTA Singapore Open
Sat 6am & Sun 9am
Sky Sports Tennis
Coverage of the semi-finals and final from Kallang Tennis Centre.

LIVE WTA Linz Open
Sat 12noon & Sun 1pm
Sky Sports Tennis
Coverage of the semi-finals and final from Design Center Linz in Austria.

LIVE WTA & ATP Tours
Sat 2pm, Mon-Thu 9am & Fri
12noon Sky Sports Tennis;
Mon-Thu 9am, Fri 12noon Sky
Sports+; Tue 9am & 7.30pm,
Wed 9am Sky Sports Main Event

LIVE ATP Montpellier Open
Sat 4pm & Sun 3pm
Sky Sports Tennis
Coverage of the semi-finals and final at Sud de France Arena, Montpellier.

LIVE ATP Rotterdam Open and ATP Dallas Open
Mon & Wed 8pm, Tue 9.45pm
Sky Sports+; Mon-Fri 8pm
Sky Sports Tennis; Tue
8pm Sky Sports Main Event

LIVE ATP Dallas Open
Mon-Wed 10.30pm & 1am,
Thu & Fri 1am Sky Sports Tennis;
Tue 10.30pm & 1am, Wed-Fri
1am Sky Sports Main Event;
Tue & Wed 1.30am Sky Sports+
At Stylsinger/Altec Tennis Complex.

LIVE WTA Abu Dhabi Open
Tue & Wed 7am Sky Sports
Main Event & Sky Sports Tennis

WINTER SPORTS

LIVE Ski Jumping
Sat 10.50am & Sun 4pm Euro1;
Sat 3.20pm Euro2
Coverage from Willingen, Germany.

LIVE Snowboarding
Sun 5pm & Thu 7.50pm Euro1
From Aspen, Colorado.

LIVE Ski Jumping
Fri 2.15pm & 9.55pm Euro1
From Lake Placid in New York.

Saturday 1

LIVE Sydney FC v Adelaide United
6am TNT Sports 1 (kick-off 6am)
Coverage of the A-League match.

LIVE Central Coast Mariners v Newcastle Jets
8.30am TNT Sports 1 (kick-off 8.35am)
A-League action.

LIVE Perth Glory v Melbourne Victory
10.45am TNT Sports 4 (kick-off 10.45am)
The A-League game at HBF Park.

LIVE Plymouth Argyle v West Bromwich Albion
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
Coverage of the Championship match at Home Park.

LIVE Nottingham Forest v Brighton & Hove Albion
11am TNT Sports 1 (kick-off 12.30pm)
Premier League action from the City Ground.

LIVE Watford v Norwich City
12.25pm Sky Sports+ (kick-off 12.30pm)
Championship coverage from Vicarage Road.

LIVE Getafe v Sevilla
12.55pm Premier Sports 1 (kick-off 1pm)
Coverage of a LaLiga fixture.

LIVE Wolverhampton Wanderers v Aston Villa
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
Coverage of the Premier League game from Molineux. Villa scored three late goals in the reverse fixture back in September, as they came from a goal down to win 3-1.

LIVE FC Union Berlin v RB Leipzig
5.20pm Sky Sports Football (kick-off 5.30pm)
Action from the Bundesliga match at Stadion An der Alten Forsterei.

LIVE Atletico Madrid v Mallorca
5.25pm Premier Sports 2 (kick-off 5.30pm)
Coverage of the LaLiga fixture.

LIVE Kilmarnock v Dundee United
5.30pm Premier Sports 1 (kick-off 5.45pm)
The Scottish Premiership match at Rugby Park.

LIVE Espanyol v Real Madrid
7.55pm Premier Sports 2 (kick-off 8pm)
Coverage of the LaLiga game.

Sunday 2

LIVE Brisbane Roar Women v Wellington Phoenix Women
7am TNT Sports 2 (kick-off 7am)
The A-League game at Perry Park.

LIVE Manchester City v Arsenal
11.30am Sky Sports Main Event, Sky Sports Football & Sky Sports Showcase (kick-off 12noon)
Coverage of the Women's Super League match at Joie Stadium.



LIVE PREMIER LEAGUE

Nottingham Forest v Brighton

Saturday, kick-off 12.30pm, TNT Sports 1

Can Nuno Espírito Santo's side emulate Leicester City and become shock winners of the Premier League? After 22 matches, Forest had the same number of points as the Foxes had when they went on to claim the title in 2015-16.

LIVE Barcelona v Alaves
12.55pm Premier Sports 1 (kick-off 1pm)
Coverage of the LaLiga fixture from Estadi Olímpic Lluís Companys.

LIVE Brentford v Tottenham Hotspur
1pm Sky Sports Premier League & 2pm Sky Sports Main Event (kick-off 2pm)
Coverage of the Premier League match from Gtech Community Stadium. The visitors won the reverse fixture back in September, as Ange Postecoglou's side came from a goal down to win 3-1.

LIVE Aston Villa v Chelsea
2.15pm BBC2 (kick-off 2.30pm)
Coverage of the Women's Super League match at Villa Park.

LIVE Motherwell v Celtic
2.30pm Sky Sports Football (kick-off 3pm)
Scottish Premiership coverage from Fir Park.

LIVE Bristol Rovers v Peterborough United
2.50pm Sky Sports+ (kick-off 3pm)
Coverage of the League One match at Memorial Stadium.

LIVE Valencia v Celta Vigo
3.10pm Premier Sports 1 (kick-off 3.15pm)
The LaLiga match from Mestalla.

LIVE Arsenal v Manchester City
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
Coverage of the Premier League match at Emirates Stadium. The reverse fixture back in September saw a thrilling game at the Etihad end in a 2-2 draw.

LIVE AC Milan v Inter Milan
4.45pm TNT Sports 3 (kick-off 5pm)
The Serie A match from San Siro.

LIVE Osasuna v Real Sociedad
5.25pm Premier Sports 1 (kick-off 5.30pm)
Coverage of the LaLiga fixture.

LIVE Tottenham Hotspur v Manchester United
6.30pm Sky Sports Football & Sky Sports Showcase, 7.30pm Sky Sports Premier League (kick-off 6.45pm)
The Women's Super League match from Tottenham Hotspur Stadium.



LIVE PREMIER LEAGUE

Arsenal v Manchester City

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

The Gunners need greater consistency if they are to make up ground on Liverpool. Mikel Arteta would welcome a repeat of last year's home fixture against City when Gabriel Martinelli grabbed a late winner.

LIVE AS Roma v Napoli
7.30pm TNT Sports 1 (kick-off 7.45pm)
Coverage of the Serie A match at Stadio Olimpico.

LIVE Real Betis v Athletic Bilbao
7.55pm Premier Sports 1 (kick-off 8pm)
Action from LaLiga.

Monday 3

LIVE Chelsea v West Ham United
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
Coverage of the Premier League match from Stamford Bridge. The hosts claimed a 3-0 victory in the reverse fixture in September thanks to two goals from Nicolas Jackson and one from Cole Palmer.

LIVE Middlesbrough v Sunderland
7pm Sky Sports Football & 7.30pm ITV4 (kick-off 8pm)
Championship action from the Riverside Stadium.

LIVE Girona v Las Palmas
7.55pm Premier Sports 1 (kick-off 8pm)
Coverage of the LaLiga fixture.

Tuesday 4

LIVE Melbourne City Women v Western United Women
6am TNT Sports 1 (kick-off 6am)
Women's A-League action.

LIVE Queens Park Rangers v Blackburn Rovers
7.35pm Sky Sports+ (kick-off 7.45pm)
Coverage of the Championship match staged at Loftus Road.

LIVE Atalanta v Bologna
7.55pm Premier Sports 1 (kick-off 8pm)
The Coppa Italia quarter-final.

Wednesday 5

LIVE Newcastle United v Arsenal
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The EFL Cup semi-final second leg from St James' Park, where the hosts begin with a 2-0 lead from the first leg. See p29.



LIVE FA CUP

Manchester United v Leicester City

Friday, kick-off 8pm, ITV1

The FA Cup fourth-round action begins at Old Trafford where former United hero Ruud van Nistelrooy returns as manager of Leicester City. The holders won 3-0 in the sides' league meeting in November with a Bruno Fernandes goal on his 250th appearance for the club.

LIVE Dunfermline Athletic v Livingston
7.30pm BBC Alba (kick-off 7.35pm)

LIVE AC Milan v AS Roma
7.55pm Premier Sports 1 (kick-off 8pm)
The Coppa Italia quarter-final.

LIVE Wellington Phoenix v Brisbane Roar
4am TNT Sports 1 (kick-off 4am)
Coverage of the A-League match.

Thursday 6

LIVE Liverpool v Tottenham Hotspur
7pm Sky Sports Main Event & Sky Sports Football, 7.30pm ITV1 (kick-off 8pm)
The EFL Cup semi-final second leg at Anfield, where the visitors begin with a 1-0 lead from the first leg after Lucas Bergvall scored a controversial 86th-minute winner when the teams met in London last month. See p29.

Friday 7

LIVE Adelaide United Women v Perth Glory Women
5.45am TNT Sports 3 (kick-off 5.50am)

LIVE Adelaide United v Melbourne City
8.30am TNT Sports 1 (kick-off 8.35am)
Coverage of the A-League fixture.

LIVE Perth Glory v Central Coast Mariners
10.45am TNT Sports 1 (kick-off 10.45am)
The A-League game at HBF Park.

LIVE Bayern Munich v Werder Bremen
7.20pm Sky Sports Football & Sky Sports+ (kick-off 7.30pm)
Bundesliga action.

LIVE Manchester United v Leicester City
7.30pm ITV1 (kick-off 8pm)
The opening game of the FA Cup fourth round from Old Trafford.

LIVE Ayr United v Hibernian
7.30pm BBC Scotland
LIVE LaLiga
7.55pm Premier Sports 1
LIVE Wellington Phoenix Women v Melbourne Victory Women
3am TNT Sports 2 (kick-off 3am)

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Drama



PREMIERE

I Saw the TV Glow

Sky Premiere, 9.40am & 10.35pm

This psychological horror starts in the 1990s with two teens bonding over a TV show – which affects them to the core...

Football



LIVE!

Premier League

TNT Sports, Sky Sports Main Event & Sky Sports Premier League,

A high-flying Forest host Brighton, while Wolves hope to turn the tide against Villa.

Rugby Union



LIVE!

Six Nations Rugby

BBC1 & ITV1

Scotland welcome Italy to Murrayfield (k-o 2.15pm, BBC1) before holders Ireland face England (k-o 4.45pm, ITV1).

Crime Drama



NEW

Wisting

BBC4, 9pm (box set, BBC iPlayer)

As the Norwegian crime drama returns, detective William Wisting (Sven Nordin) receives a note about an unsolved case.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	6.50 Michael McIntyre's Big Show	7.50 The Weakest Link	8.35 Pointless Celebrities	9.20 Casualty	10.10 News	10.30 Match of the...
102 BBC2	6.50 Flog It!	7.35 Liz Bonnin's Wild Caribbean	8.35 When Bob Marley Came to Britain	9.35 Bob Marley: Live at the Rainbow 1977		
103 ITV1	7.00 The Masked Singer		8.30 The 1% Club	9.30 North Shore	10.20 News	10.40 Murder...
104 CHANNEL 4	6.30 Britain's...	7.30 Our Tiny Islands	8.30 Film: Top Gun: Maverick			
105 CHANNEL 5	7.00 Secrets of the Royal Kitchen	8.00 Highgrove: The King's Private Residence		9.30 William & Harry: Love & Betrayal		
106 SKY SHOWCASE	7.00 Landscape Artist of the Year	8.00 The Simpsons	8.30 A League of Their Own	9.30 Film: The Bourne Ultimatum		

ENTERTAINMENT

115 BBC3	7.05 Film: Emma		9.00 Two Pints of Lager and a Packet of Crisps			
116 BBC4	7.00 Ulster...	7.20 All Creatures Great and Small		9.00 Wisting		10.30 Wogan
118 ITV2	6.25 Film: Pacific Rim			9.00 Love Island: All Stars: Unseen Bits	10.05 Family Guy	
136 MORE4	6.55 Four in a Bed	7.55 999: On the Front Line		9.00 24 Hours in A&E		
135 E4	7.00 The Big Bang Theory			9.00 Celebrity Gogglebox	10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare			9.00 Coroner	10.00 Elsbeth	
108 SKY ATLANTIC	6.55 Perry Mason	8.00 Riviera			10.00 The Tattooist of Auschwitz	
110 U&GOLD	7.00 Only Fools and Horses		9.10 Billy Connolly Does...		10.10 Only Fools and Horses	
111 U&DAVE	6.40 Mortimer & Whitehouse: Gone...	8.00 Special Ops: To Catch a Criminal		9.00 Not Going Out		
119 ITV3	7.00 Midsomer Murders			9.00 Vera		
120 ITV4	7.00 Darts: The Masters – Live: The evening session on day three					
112 COMEDY CENTRAL	6.50 Film: Evolution			9.00 Film: The Interview		
139 SKY SCI-FI	7.00 Star Trek: Voyager			9.00 The Walking Dead		
113 SKY MAX	7.00 NCIS: New Orleans	8.00 A League of Their Own		9.00 Strike Back: Vengeance	10.00 The Walking Dead: The Ones Who Live	
109 U&ALIBI	7.00 Father Brown	8.00 Shakespeare & Hathaway: Private Investigators			10.00 Beyond Paradise	
130 SKY ARTS	6.50 Tina Turner – Live in Barcelona			9.00 Women Who Rock		
132 U&W	7.00 Outnumbered			9.00 Gavin & Stacey		

DOCUMENTARY

125 DISCOVERY	7.00 Gold Rush	8.00 Harpoon Hunters	9.00 Marooned with Ed Stafford	10.00 Mystery at Blind Frog Ranch		
162 ANIMAL PLANET	7.00 How Do Animals Do That?	8.00 Guardians of Rescue	9.00 Growing Up	10.00 Alaskan Bush People		
129 NAT GEO	7.00 Air Crash Investigation			10.00 No Man Left Behind		
123 SKY HISTORY	7.00 Greatest Heists with Pierce Brosnan		9.00 The Witches of Salem			
155 U&YESTERDAY	7.00 The Warship: Tour of Duty	8.00 Mediterranean with Simon Reeve		10.00 'Allo 'Allo!		
121 SKY DOCS		7.15 The Princess	9.00 Gary			

FILMS - Sky Cinema

301 PREMIERE	6.00 Bad Boys: Ride or Die	8.00 Furiosa: A Mad Max Saga		10.35 I Saw the...		
302 FEEL GOOD	5.35 Forrest Gump	8.00 Barbie		10.00 The Breakfast Club		
303 HITS	6.15 The Hangover	8.00 The Hangover Part II		9.55 The Hangover Part III		
304 GREATS	6.00 Dumb and Dumber	8.00 Planes, Trains and Automobiles	9.35 Parenthood			
305 ANIMATION	7.05 Teenage Mutant Ninja Turtles: Mutant Mayhem	8.50 Surf's Up		10.25 The Swan Princess		
306 FAMILY	6.55 The Hobbit: The Battle of the Five Armies		9.25 Hook			
307 STUNTS	6.00 The Equalizer 3	8.00 Mad Max: Fury Road		10.00 Furiosa: A Mad Max Saga		
308 COMEDY	6.20 Big Daddy	8.00 Wimbledon	9.45 David Brent: Life on the Road			
309 THRILLER	5.55 Green Zone	8.00 The Girl on the Train		10.05 Reindeer Games		
310 DRAMA	6.05 8 Mile	8.00 Bob Marley: One Love	9.50 Ray			
311 SCI-FI	6.20 Gravity	8.00 World War Z		10.10 Annabelle: Creation		
313 FILM4	6.40 Jumanji: Welcome to the Jungle		9.00 Jumanji: The Next Level			

SPORT

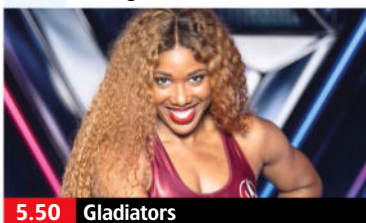
401 MAIN EVENT	5.00 SNF – Live	8.00 Fight Night – Live: Adam Azim v Sergey Lipinets				
402 PREMIER LEAGUE	5.00 SNF – Live: Wolverhampton Wanderers v Aston Villa	8.30 Game of the Day			10.30 PL Highlights	
403 FOOTBALL	5.20 Bundesliga...	7.30 Bundesliga		9.30 EFL Highlights	10.00 Bundesliga	10.30 EFL Highlights
404 CRICKET	3.00 SA20 – Live	7.30 Women's ICC...	8.00 ICC U19 Women's World T20	9.00 SA20		
410 TNT SPORTS 1	5.00 UFC – Live: Israel Adesanya v Nassourdine Imavov	8.30 Women's Ashes	9.30 The Edge	10.00 NBA – Live: Utah Jazz v Orlando Magic		
411 TNT SPORTS 2	7.00 Isuzu UTE A-League				10.15 Test Cricket Highlights	



BBC1

101 101 1 101 101

- 6.00** AM **Breakfast** (S)
10.00 **Saturday Kitchen** **New edition**
 With comedian Adam Hills. (S)
11.30 **Rick Stein's Cornwall** The chef joins a small army of seaweed harvesters. (S)(R)(AD)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 **LIVE Rugby Union: Six Nations**
 Scotland v Italy: All the action from both teams' opening match of this year's championship, staged at Scottish Gas Murrayfield Stadium. Kick-off is at 2.15. (S)
4.30 **Final Score** Results round-up. (S)
5.30 **BBC News** (S)
5.40 **Local News** (S)
5.50 **Gladiators** **New edition** 3/11.
 A thrilling new event is unleashed that leaves the contenders running for their lives. (S)(AD)



5.50 **Gladiators**

- 6.50** **Michael McIntyre's Big Show**
New edition 3/6. Miranda Hart plays a new game, Luke Littler has a surprise for a member of the public, and Heather Small gets stuck in a lift in the Unexpected Star. Plus, music from Calum Scott. (S)

- 7.50** **The Weakest Link**
New edition Host Romesh Ranganathan asks questions against the clock to Kate Lawler, Les Dennis, Troy Deeney, Jordan Gray, Jeff Brazier, Aljaž Skorjanec, Ella Thomas and Roo Irvine. (S)

- 8.35** **Pointless Celebrities**
New edition Matt Evers, Patsy Palmer, Marky Luther, Meesh Ven, Naomi Wilkinson, Steve Backshall, Katie Zelem and Mary Earps compete. (S)

- 9.20** **Casualty**
Freefall: Nicole draws a line in the sand with Ngozi, the police question Dylan about the death of Thea Bayliss, and a guilty Faith sees that Astrid is back in the ED. (S)(AD)

- 10.10** **BBC News** (S)
10.30 **Match of the Day**
 Gary Lineker presents today's Premier League highlights, including Nottingham Forest v Brighton & Hove Albion and Bournemouth v Liverpool. (S)
 ■ **Match of the Day 2** is on tomorrow at 10.30pm

- 11.50** **FILM The Keeper** Biopic of Bert Trautmann, the German PoW who became a footballing legend for Manchester City. Stars David Kross, Freya Mavor and John Henshaw. (S) (2019, 15, 110min) ★★★★★

- 1.40** AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.45 to 6.00 AM **BBC News** (S)

BBC2

102 102 2 102 102

- 6.20** AM **Children's Programmes**
9.00 **Monty Don's British Gardens** (R)
10.00 **Animal Babies: First Year on Earth** Documentary. (S)(R)(AD)
11.00 **Our Coast** (S)(R)
12.00 NOON **Simply Nigella** (S)(R)(AD)
12.30 PM **The Hairy Bakers** (S)(R)
12.45 **FILM Judgment at Nuremberg**
 Courtroom drama starring Spencer Tracy and Richard Widmark. (S) (1961, b/w, PG, 175min) ★★★★★
3.40 **FILM Sense and Sensibility**
 Romantic period drama based on the novel by Jane Austen, starring Emma Thompson, Hugh Grant, Alan Rickman and Kate Winslet. (S)(AD) (1995, U, 130min) ★★★★★
5.50 **Hidden Treasures of the National Trust** 5/6. Benjamin Disraeli's grand estate gates are given a golden upgrade. (S)(R)(AD)



3.40 **Sense and Sensibility**

- 6.50** **Flog It!**
 In Kent, Catherine Southon falls for a colourful brooch and Jonathan Pratt unearths a horn beaker used by Winston Churchill, while Paul Martin uncovers the story of Dover Castle's secret tunnels. (S)(R)

- 7.35** **Liz Bonnin's Wild Caribbean**
 2/4. Liz heads to Belize as she explores the Central American coastline, which supports an extraordinary array of wildlife and is home to some of the world's most endangered animals. (S)(R)(AD)

- 8.35** **When Bob Marley Came to Britain**
 Documentary examining the reggae superstar's relationship with the UK, and how his universal message of one love and unity helped inspire a generation of young black British people. (S)(R)

- 9.35** **Bob Marley: Live at the Rainbow 1977**
 A 1977 performance by the singer at London's Rainbow Theatre, filmed after the release of his album *Exodus*. (S)(R)

- 10.45** **Bob Marley Reimagined**
 A concert at Birmingham's Town Hall celebrating the reggae superstar, with an all-star line-up performing songs including *Get Up Stand Up*, *Redemption Song*, *Is This Love* and *Exodus*. (S)(R)

- 11.45** **Reggae at the BBC** Performances from the archives, featuring footage of Bob Marley and the Wailers, Gregory Isaacs, Dennis Brown and Buju Banton. (S)(R)

- 1.15** AM **Sign Zone: Call the Midwife**
 4/8. The Nonnatus team prepare for the arrival of a new nun and trainee midwife. (S14) (S)(R)(AD)
2.15 to 6.40 AM **Previews** (S)

ITV1

103 103 803 103 3 103 103 103

- 6.00** AM **Dancing on Ice** (S)(R)
7.30 **Love Your Weekend with Alan Titchmarsh** With guests Claudie Blakley and John Burton. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning**
New edition With Gary Kemp. (S)
11.40 **Ainsley's Fantastic Flavours**
New edition 5/10. Exploring West African cuisine. (S)
12.40 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 **LIVE Racing** Coverage of today's meetings from Sandown Park, Musselburgh and Leopardstown. (S)
4.00 **LIVE Rugby Union: Six Nations**
 Ireland v England: Mark Pougatch presents all the action from both teams' first match of this year's championship, held at the Aviva Stadium. Kick-off is at 4.45. (S)



9.30 **North Shore**

- LIVE Rugby Union: Six Nations**
 (started at 4.00pm)

- 7.00** **The Masked Singer**
New edition 6/8. Joel Dommett hosts as the remaining seven masked singers compete to avoid a double elimination and stay in the competition. With panellists Jonathan Ross, Davina McCall, Mo Gilligan and Maya Jama. (S)(AD)

- 8.30** **The 1% Club**
New edition Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(AD)

- 9.30** **North Shore**
New episode 5/6. A personal encounter helps Meg locate the crime scene and the team have the evidence they need to press charges, but the suspects are telling a new story. (S1) (S)(AD)
 ■ Entire series on ITVX

- 10.20** **ITV News** (S)

- 10.40** **The Murder of Abi Fisher: Social Media Murders**
 2/3. How a police investigation uncovered the lies of the killer of 29-year-old school teacher Abi Fisher. (S)(R)(AD)

- 11.40** **English Football League Highlights** Recent action, including Leeds United v Cardiff City. (S)

- 1.10** AM **Teleshopping**
3.00 **North Shore** (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 to 6.00 AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 804 108 4 104 104/106

- 5.55** AM **Cheers** 24-26/26. (S10) (S)(R)
7.15 **Frasier** 11-15/24. (S3) (S)(R)(AD)
9.40 **The Simpsons** (S)(R)(AD)
11.10 **FILM Stormbreaker** Spy adventure based on the novel by Anthony Horowitz, starring Alex Pettyfer and Mickey Rourke. (S) (AD) (2006, PG, 110min) ★★★★★
1.00 PM **FILM Transformers: Revenge of the Fallen** Sci-fi action adventure sequel inspired by the shape-changing toys, starring Shia LaBeouf and Megan Fox. (S)(AD) (2009, 12, 175min) ★★★★★
3.55 **News** (S)
4.25 **Grand Designs** The longest build in the show's history. (S)(R)(AD)
5.30 **Sarah Beeny's New Life in the Country** **New edition** The family enhance their new greenhouse to make it part of their home. (S)(AD)



8.30 **Top Gun: Maverick**

- 6.30** **Britain's Most Beautiful Road**
 4/4. Behind the scenes of the Bealach Mor, one of Britain's toughest cycling events, in which riders take on the Applecross Peninsula's mountainous terrain, on a 90-mile ride that includes the iconic Bealach na Bà - the steepest climb of any bike race in the UK. (S)(R)(AD)

- 7.30** **Our Tiny Islands**
 4/4. Cameras follow Wez in St Marys on the Isles of Scilly, who's come up with a unique event - a 60-kilometre race around all five islands in just one day. (S)(R)(AD)

- 8.30** **FILM Top Gun: Maverick**
 Action drama starring Tom Cruise. Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must confront his past as he trains a group of younger pilots for a deadly mission. With Jennifer Connelly, Miles Teller, Val Kilmer and Glen Powell. (S)(AD) (2022, 12, 155min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 11.05** **FILM The Predator** Sci-fi action thriller starring Boyd Holbrook and Trevante Rhodes. (S)(AD) (2018, 15, 120min) ★★★★★

- 1.05** AM **Ramsay's Hotel Hell** (S)(SL)(R)
1.55 **Kirstie and Phil's Love It or List It** From Hamilton. (S)(SL)(R)(AD)
2.50 **The Fear Clinic: Face Your Phobia** (S)(SL)(R)(AD)
3.40 **The Simpsons** (S)(R)(AD)
4.30 to 6.15 AM **Frasier** (S)(R)(AD)

+1 hour 204/208 304 15 121

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.00 Entertainment News (S)
9.10 Winter Road Rescue (S)(R)
9.35 Cruising with Jane McDonald
 Triple bill of editions. (S)(R)
12.30 PM The Weekend Travel Show
New edition Reports from Sri Lanka, Sydney and Tasmania. (S)
2.00 Susan Calman's Grand Day Out 1/7. The comedian heads to the south Cornish Coast. (S)(R)
3.00 Happy Campers: The Caravan Park 1/8. Holiday-makers arrive in their droves. (S)(R)
4.00 2/8. Yellowcoats Hattie and Beth launch themselves into a new season. (S)(R)
5.00 ABBA's 30 Greatest Moments
 Documentary celebrating the career of the band. (S)(R)



9.30 William & Harry

6.55 News (S)

7.00 Secrets of the Royal Kitchen
 Graham Newbould reveals information about the monarchy's eating habits, collected during his service as a chef to the royals. (S)(R)

8.00 Highgrove: The King's Private Residence
 A look at Charles III's family home, an 18th-century Georgian country house that was bought by him in 1980 for less than £1million. (S)(R)

9.30 NEW SERIES William & Harry: Love & Betrayal 1/2. First in a two-part documentary about the princes' fractured relationship, asking whether the strong bond they once shared can ever be mended. (S)

11.00 When Live TV Goes Horribly Wrong A countdown of live TV's greatest fails. (S)(R)
12.55 AM Entertainment News (S)
1.00 PlayOJO Live Casino Show (S)
3.00 The Kennedys: A Fatal Ambition Documentary. (S)(R)
3.50 Our Great Yorkshire Life (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM
Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM My Little Pony: Friendship is Magic** (S)(R)
6.50 Where's Wally (S)(R)
7.40 Ultimate Magic Skills (S)(R)
8.00 Monkey Life (S)(AD)
9.00 Great Blue Wild (S)(R)
12.00 NOON The Simpsons
 Six episodes, including at:
2.00 PM Lisa the Veterinarian: Lisa decides she wants to be a vet after saving a raccoon. (S)(R)
2.30 Orange Is the New Yellow: Marge is sent to jail for child neglect after letting Bart go to the park unsupervised. (S)(R)
3.00 Gillette Labs Soccer Saturday
 Up-to-the-minute scores.
5.00 Rust Valley Restorers
 JF restores a 1928 Model A Roadster, while Avery takes on a 1941 military vehicle. (S)(R)



9.30 The Bourne Ultimatum

6.00 Dictators' Hideouts
 Infamous for his bunkers constructed during World War Two and throughout the Cold War, Stalin's hideouts maintained a shroud of secrecy for decades. (S)(R)

7.00 Landscape Artist of the Year
 The search for the nation's best landscape painter continues in the village of Llanberis in north Wales. Stephen Mangan hosts. (S)(R)

8.00 The Simpsons
Homer's Crossing: Homer volunteers to be a school crossing guard. (S)(R)

8.30 A League of Their Own 4/8. Romesh Ranganathan hosts the sports-based comedy quiz, with guests Andy Murray, Alan Carr and Keely Hodgkinson. (R)

9.30 FILM The Bourne Ultimatum
 Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles. (S) (2007, 12, 115min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.40 From 5/10. Victor must face a painful reminder of his past, while Julie seeks ways to cope with her trauma. (S)(R)
12.50 AM 6/10. Fatima and Ellis make a big decision about her pregnancy. (S3) (S)(R)
2.00 The Office (US) (S6) (S)(R)
3.30 Road Wars (S)(R)
4.00 to 6.00 AM
Nothing to Declare (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
4.30-5.30pm Sportscene: Open All Mics (S) **11.50** Sportscene: Premiership Highlights (S)(R) **12.50am** **FILM** The Keeper (S) (2019, 15, 110min) ★★★★★
2.40 Weather for the Week Ahead (S) **2.45-6.00am** BBC News (S)

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
 No variations

WALES
 Sky 965, Virgin 864, Freesat 965
 No variations

BBC2

N. IRELAND
 Sky 969, Freesat 969
6.50pm Anna Haugh's Big Irish Food Tour (S)(R)
7.20 Suzie Lee: Home Cook Hero (S)(R) **7.30** The Wonder of Animals (S)(R)
8.00 Liz Bonnin's Wild Caribbean (S)(R)(AD) **9.00** **LIVE** Nations Fight Night (S) **11.00** Bob Marley: Live at the Rainbow 1977 (S)(R) **12.15-1.15am** Bob Marley Reimagined (S)(R)

WALES
 Sky 968, Freesat 968
6.50pm The Best Dishes Ever (S)(R) **7.00** Celebrity Antiques Road Trip (S)(R)
8.00 Liz Bonnin's Wild Caribbean (S)(R)(AD) **9.00** **LIVE** Nations Fight Night (S) **11.00** When Bob Marley Came to Britain (S)(R) **12.00m-1.15am** Bob Marley: Live at the Rainbow 1977 (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Eryri: Pobol y Parc **11.00** Dau Gi Bach (AD) **11.30** Cwprdd Epic Chris **12.00noon** Ffermio **12.30pm** Teulu'r Castell **1.30 Y** Ci Perffaith **1.55** Sain Fragan (AD) **2.20** Hen Dy Newydd (AD) **3.15** Sgwrs Dan y Lloer **4.15** Taith Bywyd (AD) **5.15** Adre **5.45** Ralfio+ **6.15** Cymry ar Gynfas **6.45** Sgwrs Dan y Lloer **7.35** Newyddion a Chwaraeon **7.50** **LIVE** Clwb Rygbi Rhyngwladol **10.15** Cyfrinachau'r Llyfrgell **11.15-11.50pm** Bois y Pizza: Chwe' Gwlad (AD)

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM The Film Fan's Guide to Sussex** Ali Plumb visits film locations in Sussex.
7.05 FILM Emma Adaptation of Jane Austen's novel, starring Anya Taylor-Joy and Johnny Flynn. In Regency-era England, wealthy Emma Woodhouse proceeds to interfere in the romantic affairs of her friends. (2020, U, 124min) ★★★★★
9.00 Two Pints of Lager and a Packet of Crisps 3/10. Louise gets a shock when she meets her birth mother. **9.30 4/10.** Louise meets her father for the first time. **10.00 5/10.** Jonny resolves to become more macho but things don't go as planned. **10.30 6/10.** Jonny becomes a farmer, and Janet increases her home security. (S6)
11.00 Ballers: Ball or Nothing
12.00 M'T Squad Goals: Dorking 'Til I Die Double bill.
1.00 AM Dubai Hustle
2.00 to 4.00 AM
Two Pints of Lager and a Packet of Crisps

MORE4

136/137 831 147 18 124

- 8.55 AM George Clarke's Amazing Spaces**
9.55 Ugly House to Lovely House with George Clarke
11.00 George Clarke's Old House, New Home
12.00 NOON Four in a Bed
2.40 PM Come Dine with Me
5.20 Four in a Bed The contest begins at Who'd A Thought It in Grafty Green, Kent.
5.55 A visit to the New Osborne Hotel in Blackpool.
6.25 From the Fairy Falls Hotel in Trefriw, Conwy.
6.55 Four in a Bed The final visit is to the Great Trewern B&B, Llandrindod Wells, Powys.
7.25 The B&B owners meet one final time.
7.55 999: On the Front Line
 A man who has collapsed by the roadside is suspected of having taken drugs, and a teenage girl is treated after having a fit, only to begin having a second seizure.
9.00 24 Hours in A&E
 A woman is transferred to St George's Hospital after crashing her car into a tree. **10.00** A 92-year-old man may have a bleed on the brain after hitting his head.
11.05 Emergency Helicopter Medics Documentary.
12.10 AM 999: On the Front Line Medical documentary.
1.15 24 Hours in A&E
3.25 to 3.55 AM
Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Ulster in Focus** Seamus Heaney travels across Lough Erne in Fermanagh.
7.20 All Creatures Great and Small *Tricks of the Trade:* A cantankerous colt causes problems for James. **8.10** *Pride of Possession:* A new hormone treatment produces shocking results.
9.00 NEW SERIES Wisting 1/4. Return of the Norwegian drama. Wisting receives an anonymous note about an unsolved disappearance. **9.45 New episode** 2/4. Another anonymous tip takes Wisting deeper into the murky unsolved disappearance. Subtitled. (S4) Entire series on BBC iPlayer
10.30 Wogan Featuring interviews with David Jason, Jennifer D'Abbo and Rock Hudson.
11.20 Babs Biographical drama.
12.50 AM Going Straight
1.20 As Time Goes By
1.50 All Creatures Great and Small Double bill.
3.30 to 3.50 AM
Ulster in Focus

E4

135/136 830 106 13 122

- 6.00 AM Rude(ish) Tube**
6.25 Lego Masters Australia
7.40 Brooklyn Nine-Nine
10.05 Ramsay's Kitchen Nightmares USA
2.05 PM FILM Mr Popper's Penguins Comedy starring Jim Carrey and Carla Gugino. (2011, PG, 94min) ★★★★★
4.00 The Big Bang Theory
 Six episodes, including at:
6.00 1/24. Sheldon arranges his first-ever date.
6.30 2/24. Sheldon tries to extend his lifespan. (S4)
7.00 The Big Bang Theory 3/24. Sheldon searches for an alternative to human companionship. **7.30 4/24.** Howard tries to win back Bernadette. **8.00 5/24.** Leonard is depressed that everyone is paired off except him. **8.30 6/24.** A visit from Raj's sister Priya creates tension among the guys. (S4)
9.00 Celebrity Gogglebox
 Famous faces critique the week's biggest TV shows.
10.00 Gogglebox
 The armchair critics share their opinions on *Squid Game: The Challenge*, *The Couple Next Door*, *The Graham Norton Show* and *Planet Earth III*.
11.05 Gogglebox
12.05 AM First Dates
2.20 Gogglebox
4.10 to 6.00 AM Ramsay's Kitchen Nightmares USA

+1 hour 235/236 306 30 123

Saturday

primetime

primetime

SATURDAY Entertainment

Saturday

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00** AM *Brit Cops: Law & Disorder* Double bill.
- 8.00** *Motorway Patrol*
- 9.00** *Highway Patrol*
- 10.00** *Border Patrol*
- 12.00** *NOON Border Security: Canada's Front Line* A Russian dissident's past raises questions.
- 12.30** PM *Officers* track a pair of Honduran drug runners.
- 1.00** *UK Border Force* Officers in Calais search lorries for illegal immigrants.
- 2.00** *Nothing to Declare* Ten editions of the documentary.



10.00 *Elsbeth*

- 7.00** *Nothing to Declare* Double bill of the documentary following the work of customs officers in Australia.
- 8.00** *Nothing to Declare* Double bill of the series accessing the world of national security at Australia's biggest airports.

- 9.00** *Coroner Blast to the Past* 11/12. Jenny and Donovan try to locate Peggy and find out who is responsible for the explosion. (S4)

- 10.00** *Elsbeth Love Knocked Off* 4/10. Things turn deadly when Margo Clarke goes to extreme lengths to hide the truth. (S1)
- 11.00** *Chicago Fire* 12/22. Truck and Squad clash after a tense call, while Herman struggles with Cindy's diagnosis. (S1)
- 12.00** *MT The Good Doctor* (S2)
- 1.00** AM *For Life* 7/13. (S1)
- 2.00** to **6.00** AM *Nothing to Declare*

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- 6.00** AM *The Guest Wing*
- 9.10** *The Sopranos* (S5&6)
- 2.35** PM *Perry Mason* 1/8. Della keeps the firm afloat as Perry grapples with a new career.
- 3.40** 2/8. Rafael and Mateo Gallardo are arrested for the McCutcheon murder.
- 4.45** 3/8. Perry and Della try to build a defence for their clients, while Paul chases leads in Hooverville.
- 5.50** 4/8. Paul's shocking discovery brings the brothers' testimony into question. (S2)



10.00 *The Tattooist of Auschwitz*

- 6.55** *Perry Mason* 5/8. Rafael and Mateo recount the real-life consequences of the McCutcheons' Los Angeles expansion. (S2)

- 8.00** *Riviera* 1/8. Georgina attempts to restore order to her life by reinventing herself – but Gabriel Hirsch has other ideas.

- 9.00** *Riviera* 2/8. Daphne confides to Georgina that she is struggling to cope now she knows that her brother's a killer. (S3)

- 10.00** *The Tattooist of Auschwitz* 5/6. Gita helps a young woman give birth in their block. Partly subtitled. (S1)
- 11.05** *The Tattooist of Auschwitz* 6/6. After escaping from the Russians, Lali makes his way to Bratislava but he has no idea if Gita is alive or dead. Partly subtitled. (S1)
- 12.20** AM *Game of Thrones* (S2)
- 5.30** to **6.00** AM *In Treatment*

+1 hour 208/209

Sky Max

113/114 813 111 346 361

- 6.00** AM *Supergirl* 14-18/20. (S6)
- 11.00** *Grimm* 9-12/22. (S1)
- 3.00** PM *NCIS: New Orleans* 5/16. Part one of two. The team investigate a suspicious death.
- 4.00** 6/16. Part two of two. The entire Gulf Coast is in jeopardy after a torpedo hits a fishing trawler.
- 5.00** 7/16. Part one of two. A therapist working with victims of sexual assault is murdered.
- 6.00** 8/16. Part two of two. Pride and the team close in on their prime suspect. (S7)



7.00 *NCIS: New Orleans*

- 7.00** *NCIS: New Orleans Into Thin Air* 9/16. Pride and the team are on the hunt for a kidnapped 14-year-old. (S7)

- 8.00** *A League of Their Own* Romesh Ranganathan hosts the comedy quiz, with Andy Murray, Keely Hodgkinson and Alan Carr.

- 9.00** *Strike Back: Vengeance* 5/10. Matlock and Kohl kidnap a woman and her son, while Richmond makes a discovery. (S3)

- 10.00** *The Walking Dead: The Ones Who Live* 3/6. Jadis reveals her Civic Republic Military allegiance. (S1)
- 11.05** *From* 5/10. Victor must face a painful reminder of his past.
- 12.15** AM 6/10. Fatima and Ellis make a big decision about her pregnancy. (S3)
- 1.25** *Warrior* 7/10. Ah Sahm grapples with revelations from Yan Mi and Mai Ling. (S3)
- 2.30** *Road Wars* Double bill.
- 4.00** to **6.00** AM *Air Ambulance ER*

ITV2

118 816 115 6 113

- 6.00** AM *CITV*
- 9.00** *Secret Crush* Double bill.
- 11.05** *Dinner Date*
- 1.00** PM *The Masked Singer*
- 2.30** *Wheel of Fortune*
- 3.35** *Celebrity Catchphrase* With guests David Haye, Andrea McLean and Louis Walsh.
- 4.40** *FILM Trolls* Animated family musical featuring the voices of Anna Kendrick and Justin Timberlake. A pair of fuzzy-headed trolls embark on a daring rescue mission. (2016, U, 92min) ★★



6.25 *Pacific Rim*

- 6.25** *FILM Pacific Rim* Sci-fi action adventure starring Charlie Hunnam and Idris Elba. Humanity creates giant fighting robots to repel alien monsters emerging through a breach in the ocean. (2013, 12, 126min) ★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** *Love Island: All Stars: Unseen Bits* *New edition* Iain Stirling presents the best unaired bits from the third week in the villa.

- 10.05** *Family Guy* 15/20. Carter adopts a young girl.
- 10.35** 16/20. Peter tries to take advantage of a work policy. (S2)
- 11.05** *Family Guy* 8/20. Stewie is accused of offending a young pop star. (S2)
- 11.35** *American Dad!* (S1&7)
- 12.35** AM *The Sex Lives of College Girls* 8-10/10. (S2)
- 2.10** *Iain Stirling's CelebAbility* to **3.00** AM *Unwind with ITV*

+1 hour 218 315 29 114

ITV3

119 117 10 115

- 6.00** AM *Bless This House*
- 6.30** *Inspector Morse*
- 11.00** *FILM Bugsy Malone* Musical spoof starring Scott Baio. (1976, U, 93min) ★★★★★
- 12.55** PM *A Touch of Frost*
- 3.05** *Agatha Christie's Marple* *A Murder Is Announced*. A message in the personal column of a local newspaper reveals accurate details of a forthcoming murder.
- 5.05** *Midsomer Murders* *Not in My Back Yard*: A planning dispute leads to murder.



11.00 *Shetland*

- 7.00** *Midsomer Murders* *The Noble Art*: A local boxer's successful world title bid stirs up hidden passions among the residents of Midsomer Morchard. Guest stars Phil Daniels.

- 9.00** *Vera* *A Certain Samaritan*: The ugly truth about a murder victim's past begins to emerge when the body of a drug dealer washes up on a beach, while Vera copes with revelations of her own.

- 11.00** *Shetland* 3/6. Perez heads to Glasgow in an attempt to crack the case.
- 12.00** M/T 4/6. An angry Duncan confronts Jimmy. (S5)
- 1.10** AM *Joanna Lumley's Spice Trail Adventure* to **2.30** AM *Unwind with ITV*

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00** *NOON This Is BBC Scotland*
- 7.00** PM *Reporting Scotland*
- 7.15** *Sportscene: Premiership Highlights* The latest top-flight action, including Hibernian v Aberdeen and Dundee v Hearts.
- 8.15** *Money for Nothing* In Dunbar, the team repurpose a leather sofa suite, revitalise a broken cash register and update an old prayer stool.
- 9.00** *LIVE Boxing: Nations Fight Night* Colm Murphy v Kasimu Hamad Haji: Coverage of the bout for the Commonwealth Silver Featherweight title from Ulster Hall, Belfast.
- 11.00** *Mrs Brown's Boys* 4/6. Agnes tries to gatecrash Maria's hen party. (S1)
- 11.30** PM to **12.00** M/T *Two Doors Down* 4/6. Colin throws a party for Willie.

Sky Comedy

114/115 814 112 347 362

- 8.00** AM *The Conners* (S2)
- 9.50** *Silicon Valley* (S4)
- 12.45** PM *Entourage* (S5&6)
- 3.35** *Ballers* 1-5/9. (S4)
- 6.30** *The Office* (US) 23/26. Michael misunderstands Donna's body language.
- 7.00** 24/26. Michael enlists Dwight's help when he thinks that Donna is cheating.
- 7.30** 25/26. Jim and Pam's new baby leaves them exhausted.
- 8.00** 26/26. Sabre CEO Jo Bennett hunts for a guilty employee. (S6)
- 8.30** 1/26. Michael infuriates the staff by hiring his nephew Luke as an assistant. (S7)
- 9.00** *NEW Ladies & Gentlemen: 50 Years of SNL Music* Exploring the musical history of *Saturday Night Live*.
- 12.30** AM *Saturday Night Live*
- 2.00** *Romantic Getaway*
- 3.10** to **5.00** AM *The Righteous Gemstones*

Sky Arts

130/131 826 123 36 143 365

- 6.00** AM *Golden Age: Milos at Blenheim Palace*
- 7.10** *Len Phillips Swing Orchestra's 100 Years of Big Bands*
- 8.25** *Tales of the Unexpected*
- 11.00** *Alfred Hitchcock Hour*
- 1.00** PM *FILM The Pink Panther* Comedy caper with Peter Sellers. (1963, PG, 113min) ★★★★★
- 3.15** *Landscape Artist of the Year* The contest continues in north Wales.
- 4.15** *Sheryl Crow: Miles from Memphis* A 2010 concert by the singer-songwriter.
- 6.50** *Tina Turner: Live in Barcelona* A 1990 performance by the singer at the city's Olympic Stadium.
- 9.00** *Women Who Rock*
- 2.00** AM *Poly Styrene: I Am a Cliche*
- 4.00** *Greatest Albums Live*
- 5.00** *Discovering: The Who*
- 5.30** to **6.00** AM *Discovering: Jimi Hendrix*

Sky Mix

151 135 11 141

- 6.00** AM *Nothing to Declare*
- 8.00** *Madagascar: A Little Wild* Animation.
- 8.25** *Alvin!!! and the Chipmunks* Double bill.
- 8.50** *Pooch Mooch*
- 9.00** *Nothing to Declare*
- 11.00** *Highway Cops*
- 11.30** *Monkey Life*
- 2.00** PM *Wildlife ER*
- 3.00** *Wildlife Rescue New Zealand* Documentary.
- 4.00** *Dogs: An Amazing Animal Family*
- 5.00** *Big Beasts: Last of the Giants* Documentary.
- 6.00** *Secret World of Sound with David Attenborough*
- 7.00** *Predators*
- 8.00** *Caught on Dashcam*
- 9.00** *Made for Murder*
- 10.00** *Sex and the City* (S1)
- 12.00** M/T *Caught on Dashcam*
- 1.00** AM *Brit Cops: Rapid Response* Documentary.
- 2.00** *Nothing to Declare*
- 4.00** to **6.00** AM *Highway Patrol*

ITV Be

131/132 119 28 119

- 7.30** AM *Unwind*
- 7.40** *Backyard Builds* *New edition* An old garage is turned into a music and arts hangout.
- 8.10** *The Real Housewives of Jersey* Reality series.
- 9.10** *Giovanna Fletcher: Made in Italy*
- 10.10** *Scott's Vacation* *House Rules* Triple bill.
- 1.00** PM *Project Bakeover*
- 2.55** *Ferne McCann: My Family and Me*
- 7.00** *Celebrity Dinner Date* Featuring Chris Taylor.
- 8.00** *Marcel Somerville* chooses three dates from five menus.
- 9.00** *FILM Ghost Fantasy* thriller starring Patrick Swayze. A banker killed by a mugger returns as a ghost. (1990, 12, 127min) ★★★★★
- 11.35** *Kavos Weekender* to **1.30** AM *The Real Housewives of Miami*

+1 hour 319

GREAT! tv

157 170 50

- 8.00** AM *Highway to Heaven*
- 1.00** PM *Highway to Heaven* Eight episodes of the series, including at: **7.00** *Hello and Farewell* – Part One: 2/13. Jonathan helps an army nurse deal with her traumatic memories. With Matthew Perry.
- 8.00** *Hello and Farewell* – Part One: 3/13. Kim agrees to join a counselling group for war veterans. (S5)
- 9.00** *Garage Sale Mysteries: Murder in D Minor* Crime drama with Lori Loughlin and Eva Bourne.
- 10.55** *Garage Sale Mysteries: Picture a Murder* Crime drama with Lori Loughlin and Eva Bourne.
- 12.50** AM *The New Avengers*
- 3.00** *Randall and Hopkirk (Deceased)* 2/26. (S1)
- 4.00** *Highway to Heaven*
- 4.50** to **5.00** AM *GREAT! Movie News Extra*

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM World of Sport
- 6.15 The Protectors
- 6.45 The Professionals
- 7.50 Return of Sherlock Holmes
- 8.55 Karen Carney's Leaders of the Pack With Rafaela Souza.
- 9.30 Racing: The Opening Show
- 10.30 The Big Match Revisited
- 11.25 The Motorbike Show
- 12.25 PM World of Sport
- 12.45 **LIVE** Darts: The Masters The afternoon session on day three.
- 5.00 Monster Carp
- 6.00 Made in Britain



11.00 First Blood

7.00 **LIVE** Darts: The Masters Jacqui Oatley presents coverage of the evening session on day three from Marshall Arena in Milton Keynes, featuring the concluding four second-round matches. Analysis from Chris Mason, Alan Warriner-Little and Mark Webster, and commentary and interviews are provided by Ned Boulting, Stuart Pyke, and John Rawling.

- 11.00 **FILM** First Blood Action adventure starring Sylvester Stallone and Richard Crenna. (1982, 15, 93min) ★★★★★
- 12.45 AM Auto Mundial
- 1.15 Motorsport Mundial
- 1.45 Minder
- 2.45 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 7-11/26. (S3)
- 4.00 PM Star Trek: Voyager 5/26. Harry Kim wakes up back in San Francisco on Earth, astonished to discover he was never on board Voyager.
- 5.00 6/26. A spatial distortion damages the ship, trapping several crew members.
- 6.00 7/26. Kes's attraction to Paris starts to drive Neelix mad with jealousy. (S2)



9.00 The Walking Dead

7.00 Star Trek: Voyager Persistence of Vision: 8/26. Janeway is haunted by visions from an unpleasant experience.

8.00 Star Trek: Voyager Tattoo: 9/26. Chakotay meets the inhabitants of a distant moon. (S2)

9.00 The Walking Dead 18 Miles Out: 10/13. Rick and Shane put themselves in danger as they argue over how to deal with Randall.

10.00 The Walking Dead Judge, Jury, Executioner: 11/13. Dale despairs at his fellow survivors' brutal attitudes. (S2)

11.00 The Walking Dead 12/13. Shane refuses to tolerate Rick's leadership any longer.
- 12.00 M/T 13/13. The farm gets overrun by walkers. (S2)
- 1.00 AM 1/16. The survivors discover a prison. (S3)

2.00 **FILM** 5-Headed Shark Attack Thriller. (2017, 15, 90min) ★

4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S8)
- 10.00 Hudson & Rex 1-4/16. (S6)
- 2.00 PM Inspector George Gently Gently with the Innocents: An elderly man is murdered in his dilapidated mansion.
- 4.00 Father Brown The Last Tango in Kembleford: The competitive atmosphere at a local dance school leads to murder.
- 5.00 The Dead of Night: A supposed vampire strikes.
- 6.00 The Scars of War: Mrs Devine's son Eddie finds himself framed for murder.



10.00 Beyond Paradise

7.00 Father Brown The Missing Man: The priest believes the apparent suicide of a recently returned RAF pilot to be murder.

8.00 Shakespeare & Hathaway: Private Investigators 5/10. A missing person's case takes a dramatic turn.

9.00 Shakespeare & Hathaway: Private Investigators 6/10. Frank and Lu investigate a fire at a salon. (S3)

10.00 Beyond Paradise 4/6. Ramblers discover a man's body in the middle of a crop circle. (S1)

- 11.00 Alaska Daily 4/11. Gabriel's reporting leads him somewhere unexpected. (S1)
- 11.55 Evil 4/10. The team encounter a truck driver whose wife thinks he is possessed. (S3)
- 12.55 AM The Diplomat 3/6. (S1)
- 1.55 to 4.00 AM Hudson & Rex

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.00 AM Porridge
- 7.40 Still Open All Hours
- 8.50 The Good Life
- 9.25 Alison & Larry: Billericay to Barry Gavin & Stacey's Alison Steadman and Larry Lamb embark on a road trip.
- 10.25 Only Fools and Horses
- 1.00 PM Only Fools and Horses Nine episodes, including at: 5.40 Del decorates the local Chinese restaurant.
- 6.20 Del and Rodney agree to let Grandad accompany them on their holiday abroad.



9.10 Billy Connolly Does...

7.00 Only Fools and Horses Del starts a chandelier-cleaning business.
- 7.40 Christmas special from 2001. The brothers jet off to Monte Carlo five years after achieving their dream of becoming millionaires – only for a dodgy deal to see them heading home.

9.10 Billy Connolly Does... From terrible folk songs that make no sense to tartan pompousness, Billy looks at what it means to be Scottish.

10.10 Only Fools and Horses Christmas special from 2003. The Trotters desperately need money.

- 11.50 Inside No 9 An overnight stay in a church on Christmas Eve yields dramatic results.
- 12.30 AM Inside No 9 Double bill.
- 1.50 The Fast Show
- 2.20 to 4.00 AM Bottom Live: Weapons Grade Y-Fronts Tour

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM Gassed Up
- 8.00 Extreme Salvage Squad
- 10.00 Repair Lot Double bill.
- 12.00 NOON Eddie Eats America
- 12.30 PM Guy Martin: World's Fastest Tractor
- 2.00 Guy Martin: Proper Jobs
- 3.00 Robson's Extreme Fishing Challenge Double bill.
- 5.00 Turkey with Simon Reeve Simon travels to Ankara.
- 6.00 Mortimer & Whitehouse: Gone Fishing From Norfolk.
- 6.40 Paul and Bob fish for barbel in Hay-on-Wye.



7.20 Mortimer & Whitehouse

7.20 Mortimer & Whitehouse: Gone Fishing Paul teaches Bob to fly fish for rainbow trout in Derbyshire.

8.00 Special Ops: To Catch a Criminal The Serious Fraud Office go undercover to investigate a suspect holiday home company.

9.00 Not Going Out Lee and Lucy get a family pet. With Annette Badland.
- 9.40 Lee and Lucy cancel dinner with Toby and Anna at the last moment.
- 10.20 Lucy and Lee object to the school lollipop man handing out sweets to the kids.

- 11.00 QI XL With Rich Hall, Reginald D Hunter and Clive Anderson.
- 12.00 M/T Have I Got a Bit More News for You Steph McGovern hosts the quiz.
- 1.00 AM Gary Neville hosts.
- 2.15 to 4.00 AM Live at the Moth Club

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM A New Life in the Sun Five editions.
- 2.00 PM A Place in the Sun Six editions, including at: 6.00 Ben Hillman helps Nikki and Gordon search for a home on the Maltese island of Gozo.
- 7.00 Jean Johansson goes house hunting in southern Tenerife.
- 8.00 Kirstie and Phil's Love It or List It Scott and Jaqui need help deciding whether to renovate or sell their home.
- 9.00 Grand Designs The show's longest ever build.
- 10.00 8 Out of 10 Cats Does Countdown Jon Richardson and Amy Gledhill take on Richard Ayoade and Guz Khan.
- 11.05 Sarah Millican: Control Enthusiast Stand-up.
- 12.05 AM Celebrity Gogglebox
- 1.10 Gogglebox
- 2.15 24 Hours in Police Custody: The Predator
- 3.45 to 4.40 AM Manhunt

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM Entertainment News
- 9.10 Blue Bloods (S5)
- 1.05 PM NCIS Eight episodes of the series, including at: 6.00 Blowback: 14/24. An arms dealer steals secret launch codes.
- 7.00 Friends & Lovers: 15/24. A sailor's body is discovered in a disused restaurant.
- 8.00 Dead Man Walking: 16/24. A nuclear power plant inspector suffers radiation poisoning. (S4)
- 9.00 Criminal Minds Lockdown: 16/23. The team takes on a case inside a Texan prison.
- 10.00 Breath Play: 17/23. The BAU join the hunt for a serial killer in Wisconsin. (S10)
- 11.00 Law & Order: Special Victims Unit (S13&12)
- 2.50 AM New York Undercover (S1)
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM Entertainment News
- 8.05 Bargain-Loving Brits in the Sun Double bill.
- 10.05 Dirty Home Rescue
- 12.05 PM Nightmare Tenants, Slum Landlords
- 5.05 **FILM** Rush Hour 3 Action comedy sequel starring Jackie Chan. (2007, 12, 91min) ★★
- 6.55 **FILM** The 'burbs Offbeat comedy starring Tom Hanks. (1989, PG, 103min) ★★
- 9.00 **FILM** Sherlock Holmes: A Game of Shadows Guy Ritchie's rollicking action adventure sequel with Robert Downey Jr. (2011, 12, 128min) ★★
- 11.35 **FILM** Austin Powers in Goldmember Spoof espionage thriller sequel starring Mike Myers. (2002, 12, 93min) ★★
- 1.30 AM Accused New episodes (S1)
- 3.10 to 4.00 AM Skin A&E

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Car Pound Cops
- 9.25 Outback Truckers
- 10.25 Police Interceptors
- 2.30 PM **FILM** Seminole Western with Anthony Quinn and Rock Hudson. (1953, U, 87min) ★★
- 4.15 **FILM** Shenandoah Civil War Western starring James Stewart and Doug McClure. (1965, PG, 101min) ★★
- 6.30 **FILM** Rio Lobo Howard Hawks' Civil War Western starring John Wayne and Jennifer O'Neill. (1970, PG, 110min) ★★
- 9.00 **FILM** Joe Kidd Western starring Clint Eastwood and Robert Duvall. (1973, 15, 88min) ★★
- 10.50 **FILM** On Deadly Ground Action thriller starring Steven Seagal and Michael Caine. (1994, 15, 102min) ★
- 1.00 AM Police Interceptors
- 1.55 Trucking Hell
- 3.55 to 4.00 AM Entertainment News

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM The Bill
- 11.00 Tipping Point
- 3.00 PM My Family
- 5.00 Outnumbered Sue and Pete ban TV and computers for a day.
- 5.40 Sue and Pete try to survive being trapped in a foreign airport.
- 6.20 Sue and Pete go out for a meal together.
- 7.00 Karen becomes preoccupied with Satan.
- 7.40 The Brockmans endure a restless night.
- 8.20 The family go sightseeing in London.
- 9.00 Gavin & Stacey The gang reunite for Neil's christening.
- 9.40 Pam and Mick host a beer and curry night.
- 10.15 Smithy is concerned about seeing Nessa again.
- 10.55 Chewing Gum
- 11.55 Emily Attack: Adultery
- 12.55 to 3.00 AM Celebrity MasterChef Australia

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.40 AM Classic EastEnders
- 2.00 PM Kingdom
- 3.00 Father Brown
- 5.00 The Brokenwood Mysteries Exposed to the Light: 5/6. A fundraising evening at the historic Brokenwood Empire Cinema becomes fatal.
- 7.00 Here's to You, Mrs. Robinson: 6/6. Kristin leads the inquiry into a 1970s-themed party where several partygoers turn up dead. (S7)
- 9.00 Miss Marple At Bertram's Hotel: The amateur sleuth's holiday at London's Bertram's Hotel is interrupted by a cleric's disappearance.
- 11.25 The Miniaturist 3/3. Nella decides to sell the sugar on her own to try and save Johannes. (S1)
- 12.40 AM The Heart Guy
- 1.40 Rebus The Falls.
- 3.10 to 4.00 AM Sister Boniface Mysteries

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Celebrity Fantasy Homes** Shane Lynch.
- 7.00 **Teleshopping**
- 8.00 **Fantasy Homes by the Sea** Double bill.
- 10.00 **The Yorkshire Auction House** Triple bill.
- 1.00 PM **Antiques Road Trip**
- 6.00 **The Hotel Inspector** Alex Polizzi is enlisted to rescue a Newcastle hotel.
- 7.00 Alex heads to the Dukes in the village of Heath and Reach.
- 8.00 Alex heads to Cornwall to help the owners of Northshore.
- 9.00 **The Repair Shop** Lucia Scalis takes on a royal restoration.
- 10.00 A pair of ballet shoes are restored.
- 11.00 A soft toy and a wooden church pew.
- 12.00 **MT Help! My House Is Haunted** Double bill.
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Fantasy Homes by the Sea**

DMAX

159 169 39 147

- 6.00 AM **Deadliest Catch**
- 10.00 **Aussie Gold Hunters**
- 2.00 PM **Outback Opal Hunters** Five editions.
- 7.00 **Jeremy Wade's Dark Waters** Jeremy travels to Tasmania in search of a colossal freshwater beast on the verge of disappearing for ever.
- 8.00 Jeremy tries to find out what is wiping out the fish in Western Australia's Fitzroy River.
- 9.00 **My Feet Are Killing Me** A devoted husband hopes Dr Sarah can rid his feet of fungus and save his marriage.
- 10.00 Dr Ebonie removes a growth from a cancer-survivor's toe, and Dr Brad takes a scalpel to a heel growth.
- 11.00 **Body Bizarre** Triple bill.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Baggage Battles**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **Man v Food**
- 11.00 **My Lottery Dream Home** Eight editions.
- 3.00 PM **Escape to the Country** Four editions.
- 7.00 **Escape to the Country** Nicki Chapman helps a couple hoping to move to Gloucestershire.
- 8.00 Sonali Shah helps a couple relocating from France to Devon.
- 9.00 Jules Hudson helps a couple to find a property in Wiltshire.
- 10.00 A couple with \$460,000 plan to relocate to Cornwall.
- 11.00 A couple seek a new home in Devon.
- 12.00 MT in North Wales, Jules Hudson helps a couple to find their first home together.
- 1.00 AM **100 Day Dream Home** Property series.
- 2.30 **Flip or Flop**
- 3.00 to 4.00 AM **Home Town**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Chase**
- 9.00 **Bruce's Price Is Right**
- 10.00 **Dale's Supermarket Sweep** Double bill.
- 11.00 **All Star Family Fortunes** Triple bill.
- 1.00 PM **Cash Trapped** Double bill of the quiz hosted by Bradley Walsh.
- 3.00 **The Chase Celebrity Special** Triple bill of the quiz show, including at: 5.00 Ann Widdecombe, Sam Nixon and Mark Rhodes and Jimmy Carr compete for charity.
- 6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
- 9.00 **The Family Chase** The Archer family from Shropshire take part.
- 10.00 **The Chase** Quiz show hosted by Bradley Walsh.
- 11.00 **Bullseye** Ten editions of the darts-based quiz.
- 4.00 AM **The Chase Celebrity Special**
- 5.00 to 6.00 AM **The Chase**

Food Network

140/141 190 43 148

- 6.00 AM **The Pioneer Woman**
- 11.00 **James Martin's Islands to Highlands**
- 3.00 PM **Paul Hollywood: City Bakes** Cape Town's best baking hotspots.
- 4.00 **Paul Goes to Hollywood** Four editions.
- 8.00 **Adam Richman Eats** Football Adam is in Manchester to watch the Red Devils play.
- 8.30 **Adam Richman Eats Britain** From Cheddar.
- 9.00 **Man v Food** Adam Richman takes on Don Shula's steak challenge.
- 10.00 **Man v Food with Casey Webb** Casey travels to Milwaukee for some epic Brew City eats.
- 10.30 Casey heads to Charleston for epic low country eats.
- 11.00 Casey travels to Grand Rapids, Houston.
- 11.30 **Man v Food**
- 1.00 to 3.00 AM **Cake Boss**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Curvy Brides** Boutique Reality series.
- 8.00 **Say Yes to the Dress**
- 10.00 **Outdaughters: Busby Quints** Double bill.
- 12.00 **NOON Extreme Couponing** Double bill.
- 1.00 PM **My 600lb Life**
- 5.00 **1000-lb Sisters**
- 6.00 **Say Yes to the Dress: Atlanta** Double bill.
- 7.00 **1000-lb Best Friends**
- 8.00 **My Big Fat Fabulous Life** Whitney gets ready for her 40th birthday trip to Spain.
- 9.00 **Dr Pimple Popper** Triple bill of editions.
- 12.00 **MT Monsters Inside Me**
- 1.00 AM **Strange Love**
- 2.00 **Outdaughters FAQ Special**
- 3.00 **Sex Sent Me to the ER**
- 4.00 **My Big Fat Fabulous Life** As 8.00pm.
- 5.00 to 6.00 AM **Curvy Brides Boutique**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM **Wild West Chronicles** Double bill.
- 9.00 **Battle of Kursk**
- 10.00 **FILM Cromwell** Historical drama. (1970, PG, 141 min) ★★★
- 1.10 PM **Wanted: Dead or Alive** Double bill.
- 2.10 **FILM Any Gun Can Play** Spaghetti Western. (1967, 12, 98min) ★★
- 4.20 **FILM Bite the Bullet** Adventure. (1975, PG, 131 min) ★★★★★
- 7.10 **FILM Dakota** Western adventure. (1945, b/w, PG, 82min) ★★
- 9.00 **FILM Machete** Thriller starring Danny Trejo. (2010, 18, 104min) ★★★★★
- 11.20 **FILM Mercenary for Justice** Action thriller. (2006, 18, 91 min) ★★
- 1.25 AM **FILM Firequake** Sci-fi disaster movie. (2014, 12, 90min) ★
- 3.20 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 7.00 AM **The Twilight Zone**
- 8.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
- 10.00 **T.J. Hooker** (S3)
- 3.00 PM **FILM Shark** Thriller. (1969, 15, 88min) ★★
- 4.55 **FILM The Count of Monte Cristo** Adventure. (1974, U, 99min) ★★
- 7.00 **FILM Quatermass and the Pit** Sci-fi horror thriller sequel. (1967, 12, 100min) ★★★★★
- 9.00 **FILM Haywire** Thriller starring Gina Carano, Michael Fassbender and Ewan McGregor. (2012, 15, 88min) ★★★★★
- 10.55 **FILM Ambushed** Action thriller with Vinnie Jones and Dolph Lundgren. (2013, 15, 92min) ★★
- 12.50 AM **FILM Last Knights** Action adventure. (2015, 15, 112min) ★★
- 2.50 to 5.15 AM **FILM Lust for a Vampire** Horror. (1970, 18, 95min) ★★★★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Impractical Jokers**
- 9.00 **Friends** (S10)
- 12.40 PM **Friends** (S10&1)
- 5.50 PM **Beano** Double bill.
- 6.50 **FILM Evolution** Sci-fi comedy starring David Duchovny, Julianne Moore and Orlando Jones. (2001, PG, 101 min) ★★★★★
- 9.00 **FILM The Interview** Comedy starring James Franco and Seth Rogen. (2014, 15, 111 min) ★★
- 11.10 **FILM Pineapple Express** Comedy thriller starring Seth Rogen and James Franco. (2008, 18, 111 min) ★★★★★
- 1.25 AM **Beavis and Butt-Head** 7/24. (S2)
- 1.45 **Whose Line Is It Anyway? USA**
- 2.45 **Kevin Bridges: The Brand New Tour**
- 3.30 **Michael McIntyre: Live & Laughing**
- 4.15 to 5.00 AM **Guessable?**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.10 AM **Saving Lives at Sea**
- 10.20 **FILM Fatal Memories** Thriller. (2014, 12) ★★
- 12.25 PM **FILM Lost Letter** **Mysteries: One in a Million** Drama. (2016, PG, 84min) ★★
- 2.25 **FILM Lost Letter** **Mysteries: Lost Without You** Drama. (2016, PG, 90min) ★★
- 4.25 **FILM Renegades** Thriller. (2017, 15, 106min) ★★
- 6.40 **FILM G.I. Joe: Retaliation** Sci-fi action adventure sequel. (2013, 12, 110min) ★★★★★
- 9.00 **FILM R.I.P.D** Fantasy. (2013, 12, 96min) ★★★★★
- 11.00 **FILM Judge Dredd** Thriller. (1995, 15) ★★
- 1.05 AM **FILM Fatal Acquittal** Crime thriller. (2014, PG, 85min) ★★
- 3.00 **Air Rescue** Double bill.
- 4.00 to 6.00 AM **FILM Live Once, Die Twice** Thriller. (2006, 12, 90min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Malibu Shark Attack** Disaster movie. (2009, 15, 90min) ★★
- 8.00 **MacShayne: Winner Takes All** Crime drama starring Kenny Rogers.
- 10.00 **MacShayne: Final Roll of the Dice** Crime drama starring Kenny Rogers.
- 12.00 **NOON FILM The Exterminators** Sci-fi action adventure. (2013, 15, 90min) ★
- 2.00 PM **FILM Jetstream** Sci-fi disaster movie. (2012, 12, 88min) ★★
- 4.00 **Farscape** (S1)
- 9.00 **FILM Armed Response** Action thriller starring Wesley Snipes, Anne Heche and Dave Annable. (2017, 15, 93min) ★
- 10.55 **FILM Mercenaries** Thriller starring Billy Zane and Robert Fucilla. (2011, 15, 97min) ★★
- 1.00 to 3.00 AM **FILM Armed Response** (2017)

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Becker** 1-8/13. (S6)
- 1.00 PM **Impractical Jokers**
- 5.00 **Whose Line Is It Anyway? USA**
- 7.00 **Friends** 1/24. First-ever episode. Chandler and Joey encourage Ross to enjoy bachelorhood.
- 7.30 2/24. Carol tells Ross about her plans for their baby.
- 8.00 3/24. Monica shows off her new boyfriend to the gang.
- 8.30 4/24. The girls spy on a good-looking neighbour. (S1)
- 9.00 **Friends** (S1)
- 2.00 AM **Last Man Standing**
- 3.00 **Lee Evans: The Ultimate Experience**
- 4.25 **Modern Horror Stories**
- 4.30 **Al Murray: The Pub Landlord** - Live at the Palladium Stand-up.
- 5.15 to 6.00 AM **Home Improvement**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★ Poor

GREAT! romance

319 424 52

- 8.10 AM **FILM The Perfect Bride** (2017, PG) ★★
- 10.05 **FILM Destination Wedding** Comedy. (2017, PG, 84min) ★★
- 12.00 **NOON FILM Wedding Wonderland** Drama. (2017, PG, 92min) ★★
- 2.00 PM **FILM Picture Perfect** Romance Drama. (2022, U, 89min) ★★
- 4.00 **FILM A Very Country Wedding** Drama. (2019, PG, 90min) ★★
- 6.00 **FILM A Perfect Match** Drama. (2021, PG) ★★
- 8.00 **FILM Wedding Cake Dreams** (2021, U) ★★
- 10.00 **FILM You May Kiss the Bridesmaid** Comedy. (2021, PG, 90min) ★★
- 12.00 **MT FILM Made for You, with Love** Drama. (2019, U, 85min) ★★
- 1.55 AM **Highway to Heaven**
- 2.55 to 5.00 AM **FILM Fashionably in Love** Comedy. (2023, PG) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Container Wars**
- 8.00 **Swamp People: Serpent Invasion**
- 9.00 **Wicked Tuna**
- 10.00 **Blown Away**
- 11.00 **A Cut Above**
- 12.00 **NOON Strange Evidence** Double bill.
- 2.00 PM **Breaking Mysterious**
- 3.00 **Ancient Aliens**
- 8.00 **In Search of Aliens**
- 9.00 **Conspiracy Files: Unsealed** Questioning who the Anti-Christ is.
- 9.30 Whether technology is going too far, too fast.
- 10.30 A feud breaks out on the shop floor.
- 11.00 **Storage Hunters**
- 1.00 AM **Container Wars**
- 2.00 **Court Cam** Double bill.
- 3.00 **Hardcore Pawn: Behind the Deal**
- 4.30 to 6.00 AM **Hardcore Pawn**

Sky Replay

152 156

- 7.00 AM **The Real A&E**
- 9.00 **Four Weddings**
- 11.00 **Nothing to Declare**
- 2.00 PM **MacGyver** (S2)
- 7.00 **The Flash Mother: 3/18**. Barry and the team must find a way to stop Eva.
- 8.00 **Central City Strong: 4/18**. Barry must deal with Abra Kadabra's return to Central City with vengeance on his mind.
- 9.00 **Fear Me: 5/18**. A new villain unleashes terror on Central City.
- 10.00 **The One with the Nineties: 6/18**. Cisco and Chester travel back in time and get stuck in 1998.
- 11.00 **Growing Pains: 7/18**. Frost must clear her name after she is framed for a crime. (S7)
- 12.00 **MT A League of Their Own** Triple bill.
- 3.00 to 6.00 AM **Four Weddings**

Rewind TV

182 95

- 6.00 AM **Huckleberry Finn and His Friends**
- 8.30 **Monkey** 16/26. (S1)
- 9.30 **I Dream of Jeannie**
- 10.30 **Blue Thunder** (S1)
- 1.30 PM **Watching** (S5)
- 4.00 **Bubblegum & Cheese**
- 5.00 **Stereo Underground**
- 6.00 **I Dream of Jeannie** (S1)
- 7.00 **Mitch** 8/10. (S1)
- 8.00 **Bust** 4/6. (S1)
- 9.00 **The Mrs Merton Show** Featuring guests Jimmy Hill and Paul Daniels.
- 9.35 **Married... with Children** 2/13. Peggy decides to go on a diet.
- 10.05 3/13. Al accidentally shoots the neighbour's dog.
- 10.35 4/13. The Rhodes family plan to build an extension. (S1)
- 11.05 **Police Woman** (S1)
- 12.05 AM **Blue Thunder**
- 3.05 **Mitch** 8/10. (S1)
- 4.00 **The Mrs Merton Show**
- 4.30 **Monkey** 16/26. (S1)
- 5.30 to 6.00 AM **Hancock**

5SELECT

153 138 46 133

- 9.00 AM **Secrets of the Royal Palaces**
- 12.00 **NOON Murder, She Wrote** Five episodes.
- 5.00 PM **World War I in Colour** Double bill.
- 7.00 **Nazi Megastructures**
- 9.00 **WWI: 100 Days to Victory** 1/2. Docu-drama telling the story of how the Allied forces won World War One.
- 10.15 2/2. How the Allies found a way through the last line of German defence.
- 11.30 **Warship: Life in the Royal Navy**
- 12.30 AM **Inside Air Force One: Secrets of the Presidential Plane**
- 1.30 **Inside the World's Greatest Ships: Britannia** Documentary.
- 2.30 **The Queen Mary: Royals at Sea**
- 3.25 **Eggheads**
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **Daria** 9/14. (S5)
- 6.25 **16 and Pregnant**
- 7.15 **Teen Mom: The Next Chapter** Double bill.
- 9.00 **Dallas Cowboys Cheerleaders**
- 1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: 6.00 A love-struck stepdad-to-be hopes the single mum he met online is the real deal.
- 7.00 Keyonnah tries to find out whether her online crush is really the rapper Bow Wow.
- 8.00 Zach needs help to find the truth about Lexi.
- 9.00 **Badass Brides** A 22-year-old aspiring model plans an extravagant wedding.
- 10.00 **Ink Master** Double bill.
- 12.00 **MT Geordie Shore**
- 1.00 AM **True Life Crime**
- 2.00 **Catfish: The TV Show**
- 2.45 **Catfish: Fakest Jobs**
- 3.35 to 4.00 AM **Teen Cries**

Discovery

125/126 823 177 320 325

- 6.00 AM How It's Made**
12.00 NOON Gold Divers Six editions of the series, including at:
2.00 PM 1/2. Nome's King Shawn edges closer to his goal.
3.00 2/2. Wizard Zeke returns to Cape Rodney.
4.00 An equipment malfunction jeopardises Shawn's entire operation.
5.00 Kris becomes the last Kelly standing.
6.00 Gold Rush Kevin fires up his wash plant for the first time, while Rick decides to look for gold in a new spot.

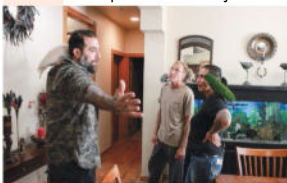


6.00 How It's Made

Animal Planet

162/175 178

- 8.00 AM Animal Cribbs**
9.00 Dodo Heroes
10.00 Dogs 101 Prized pooches.
11.00 Alaska: Homestead Rescue
12.00 NOON Animal Cribbs
1.00 PM Dodo Heroes
2.00 Great White Invasion
3.00 Man-Eating Super Snake
4.00 Bad Dog! A dog digs ditches in its owners' back garden.
5.00 Alaska: Homestead Rescue
6.00 Animal Cribbs Antonio Ballatore transforms the home of a couple who run a parrot sanctuary.

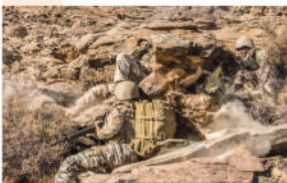


6.00 Animal Cribbs

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory**
9.00 Air Crash Investigation
11.00 Car S.O.S. Triple bill.
2.00 PM Nazi Sunken Sub
3.00 Hitler the Junkie
4.00 Nazi Weird War Two
5.00 Mysterious Islands The history behind isolated islands.
6.00 Drain the Oceans Palaeontologists journey from Patagonia to Canada to overturn popular misconceptions about dinosaurs and uncover the real Jurassic Americas.

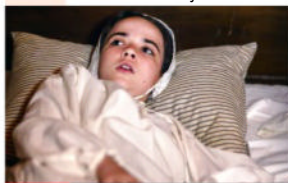


10.00 No Man Left Behind

Sky History

123/124 821 131 353 368

- 6.00 AM Flipping Bangers**
7.00 Storage Wars
9.00 The Curse of Oak Island
10.00 Pawn Stars Triple bill.
1.00 PM Secret Societies: In the Shadows Four editions of the documentary, including at:
3.00 The Skull and Bones senior secret student society.
4.00 The Freemasons.
5.00 Rust Valley Restorers Restoring a Model A Roadster.
6.00 Dictators' Hideouts How Stalin's hideouts maintained a shroud of secrecy for decades.



9.00 The Witches of Salem

U&Yesterday

155 846 129 27 159

- 6.10 AM Secret Nazi Bases**
11.00 Bangers & Cash Triple bill.
2.00 PM How Britain Worked Guy Martin overhauls a steam locomotive.
3.00 Guy renovates a saw mill in Wensleydale.
4.00 Guy's Garage Guy transforms a Land Rover Defender into an off-road racer.
5.00 Guy transforms an East German Trabant for a historic classic car race.
6.00 The Warship: Tour of Duty HMS Queen Elizabeth's first operational mission.



8.00 Mediterranean

7.00 Gold Rush Hoping to bring gold to Dominion Creek, Parker makes an equipment purchase and prospects a new spot.

8.00 Harpoon Hunters Niko must prove he can run a legendary boat, while Joe hunts to support his family.

9.00 Marooned with Ed Stafford Ed must make his way off the peak of Changbai Mountain in northern China.

10.00 Mystery at Blind Frog Ranch Chad and Eric find signs of gold at the mine, but nightfall brings an unwanted stalker.

11.00 Moonshiners Mark Rogers delivers a decisive blow.

12.00 M'T Impossible Builds A team in Dubai attempt to construct a floating house.

1.00 AM Border Control: Europe

2.00 Moonshiners Double bill.

4.00 to 5.00 AM

How Do They Do It?

7.00 How Do Animals Do That? A look at how a lizard can walk on water.
7.30 How a barn owl catches prey it can't see.

8.00 Guardians of Rescue Group founder Rob and investigators Marceline, Bill and Elle try to unmask a puppy flipper.

9.00 Growing Up Following a year in the lives of baby marsupials being raised by humans in Tasmania.

10.00 Alaskan Bush People Matt, Bam, Bear and Gabe feel the strain of making deliveries in harsh conditions.

11.00 I Was Prey A woman is attacked by a crocodile during a relaxing river swim.

12.00 M'T A man finds a grizzly bear outside his cabin.

1.00 AM Alaskan Bush People

2.00 Bad Dog! As 4.00pm.

3.00 Alaska: Homestead Rescue

to 5.00 AM Animal Cribbs

7.00 Air Crash Investigation The 1985 Manchester runway disaster, in which an engine failed, causing the deaths of 55 people.

8.00 Air Crash Investigation Investigators uncover the tragic misunderstanding at the heart of the 1989 Kegworth air disaster.

9.00 Air Crash Investigation Experts investigate the disappearance of EgyptAir Flight 804.

10.00 No Man Left Behind A commando squad assigned to kill a terrorist leader in Afghanistan are lured into a trap.

11.00 To Catch a Smuggler HSI discover overcrowded houses used to hide human cargo.

12.00 M'T Border Protection Spain

2.00 AM Bid & Destroy

Food Factory USA

3.45 Abandoned Double bill.

4.35 to 5.00 AM Secrets of the Zoo: Keeper Tales

7.00 Greatest Heists with Pierce Brosnan The actor explores the Baker Street Bank Burglary of September 1971.

8.00 Greatest Heists with Pierce Brosnan The actor recalls the Antwerp Diamond Heist of February 2003.

9.00 The Witches of Salem The hysteria that unfolded during the Salem witch trials, leading to the execution of 20 women.

10.00 The Witches of Salem How paranoia reached fever pitch as the demonic conspiracy terrorising Salem village grew.

11.00 Prison Chronicles The history of Attica prison in New York.

11.30 A look into the history of San Quentin prison.

12.00 M'T Forged in Fire Armed Forces Tournament

2.00 AM Pawn Stars Triple bill.

5.00 to 6.00 AM Greatest Heists with Pierce Brosnan

7.00 The Warship: Tour of Duty HMS Queen Elizabeth runs the gauntlet of hostile Russian warships and jet fighters.

8.00 Mediterranean with Simon Reeve A journey around the region, starting by visiting Malta, southern Italy and Albania.

9.00 Mediterranean with Simon Reeve Simon explores Cyprus and Gaza, and goes on patrol with UN peacekeepers.

10.00 'Allo 'Allo! General von Flockenstufien launches a raid to capture Churchill.
10.40 Rene determines to flee with Yvette.

11.20 'Allo 'Allo! Rene and Edith are rewarded with medals by Churchill after being transported to England in place of the British airmen.

12.00 M'T Bangers & Cash Derek helps a collector downsize and finds a rare Chrysler Alpine.

1.00 to 3.00 AM Dream Car Fixers

+1 hour 225/226 377

+1 hour 262/275 378

+1 hour 229/230 383

+1 hour 223/224 331

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM World's Top 5**
8.00 Wheeler Dealers
2.00 PM Find It, Fix It, Drive It Double bill.
4.00 Shed and Buried
6.00 Salvage Hunters Drew Pritchard checks in on some contacts who are downsizing and selling off their collections.
7.00 Drew examines furniture in a factory.
8.00 Drew takes Viki to his favourite treasure-hunting grounds.
9.00 Disasters at Sea Experts examine the explosion in the port of New Orleans in 2012.
10.00 Helicopter ER
11.00 Opal Hunters: Red Dirt Road Trip
12.00 M'T Mystery at Blind Frog Ranch
1.00 AM Curse of the Frozen Gold Double bill.
3.00 to 5.00 AM
How It's Made

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: UK** Double bill.
7.00 Say Yes to the Dress
8.00 Curvy Brides Boutique
9.00 Say Yes to the Dress: Atlanta Double bill.
10.00 Say Yes to the Dress
12.00 NOON Forensic Detectives Triple bill.
3.00 PM Still a Mystery
9.00 Before They Kill Again New edition True-crime.
10.00 NEW SERIES Murder Under the Friday Night Lights Two high-school football coaches vanish.
11.00 Faking It: Tears of a Crime Andrew Burfield.
12.00 M'T The Murder of Gabby Petito: A Faking It Special
1.00 AM The Murder of Arthur Labinjo-Hughes: A Faking It Special Documentary.
2.00 Murder Comes to Town
3.00 to 4.00 AM FBI Files

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy**
1.00 PM Judge Judy
5.00 Facing Evil
7.00 Murder She Solved Detective Pam Perrenoud tries to bring a cruel killer to justice.
8.00 Rookie cold case cop Lee Bergerman investigates two shootings in Vancouver.
9.00 Donal MacIntyre's Killer Evidence In November 1993, a small community is shocked when an elderly couple go missing.
10.00 Detectives struggle to build a case against a man they believed killed his wife.
11.00 Real Detective: North of the Border
1.00 AM Ron Iddles: The Good Cop Double bill.
3.00 Medical Detectives
4.00 to 6.00 AM Judge Judy

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM The Truth About My Murder** Five editions.
2.00 PM Medical Detectives Two agents are killed during a motorcade.
2.30 A train crash in Alabama in 1993.
3.00 An inferno at King's Cross station.
3.30 A discarded sleeping bag contains traces of a murder.
4.00 A apparently accidental death begins to look suspicious.
4.30 The discovery of vital evidence helps detectives piece together a case.
5.00 Donal MacIntyre: Unsolved The case of Natalie Jane Pearman.
6.00 Judge Judy Real-life small-claims cases.
12.15 AM Judge Judy
2.00 Psychic Private Eyes
4.00 Citizen Detective
4.45 to 6.00 AM
Medical Detectives

Sky Crime

122/123 820 121 349 364

- 6.00 AM Caught on Dashcam**
7.00 Highway Patrol
9.00 Brit Cops
10.00 Stop, Search, Seize
11.00 Britain's Most Evil Killers
12.00 NOON Killer in My...
1.00 PM The Killer Within
2.00 Killer Siblings
3.00 Murders That Shocked the Nation Double bill.
5.00 Murdered at First Sight
6.00 Killer in My Village
7.00 Britain's Most Evil Killers
8.00 Forensics: Catching the Killer True-crime.
9.00 How I Caught the Killer
10.00 The Real Manhunter
11.00 Face To Face with Scott Peterson
12.00 M'T What the Killer Did Next Debbie Starbuck.
1.00 AM Love You to Death
2.00 Twisted Killers
3.00 An Unexpected Killer
4.00 Stop, Search, Seize
5.00 to 6.00 AM
Motorway Patrol

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Beautiful Serengeti**
8.30 Prisoner Number A26188: Henia Bryer
9.30 RAF at 100 with Ewan and Colin McGregor
11.20 Schindler: The Real Story As 10.15pm.
1.00 PM Prisoner Number A26188: Henia Bryer
1.55 Messages Home: Lost Films of the British Army Documentary.
3.00 The Hidden Side of World War II
6.20 Messages Home: Lost Films of the British Army Documentary.
7.25 RAF at 100 with Ewan and Colin McGregor
9.20 Prisoner Number A26188: Henia Bryer
10.15 Schindler: The Real Story Exploring the story of Oskar Schindler.
12.00 M'T Prisoner Number A26188: Henia Bryer
12.55 to 2.00 AM Messages Home: Lost Films of the British Army

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Leonardo DiCaprio** A profile of the actor.
- 7.00 **Discovering: Kate Winslet**
- 8.00 **The Directors**
- 9.00 **Quad Gods**
- 10.45 **My Icon: Solomon Wilcott**
- 11.00 **Villeneuve Pironi: Racing's Untold Tragedy**
- 1.00 PM **SIC: Prince of MotoGP**
- 2.45 **Young Guns: The New Tennis Titans** Sports documentary.
- 3.45 **Wig** The history and influence of the Wigstock drag festival.
- 5.30 **I Am Jackie O** A profile of Jackie Kennedy Onassis.
- 7.15 **The Princess** The life and work of Diana, Princess of Wales.
- 9.00 **Gary** The life and mysterious death of actor Gary Coleman.
- 11.00 **An Update On Our Family**
- 12.00 **MT The Legend of the Underground** Documentary.
- 1.45 AM **My Icon: John Amaechi**
- 2.00 **NEW SERIES Boyzone: No Matter What** 1/3. Documentary series. See feature, page 21.
- 3.00 **Taylor Mac's 24-Decade History of Popular Music**
- 5.00 to 6.00 AM **The Directors**

Crime+Investigation

156 837 133

- 6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
- 9.00 **Court Cam** Four editions.
- 11.00 **My Strange Arrest**
- 12.00 **NOON Killer in Plain Sight**
- 1.00 PM **Murder by Medic**
- 4.00 AM **An Hour to Kill**
- 7.00 **The Real Murders of Los Angeles** Detectives investigate the murder of an ex-teacher found bludgeoned to death.
- 8.00 **Missing Presumed Dead** Investigating stories of real people's disappearances.
- 9.00 **Murder at the Motel** Police suspect the boyfriend when a young woman is found dead.
- 10.00 **Natural Born Killer** 1/2. The story of how police stopped a serial killer in his tracks.
- 11.00 **Killed Without a Trace**
- 12.00 **MT Robbie Coltrane's Critical Evidence** Double bill.
- 2.00 AM **Murder at the Motel**
- 3.00 **Murder by Medic**
- 4.00 to 6.00 AM **On the Case with Paula Zahn**

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **India's New Worlds**
- 11.00 **The Hidden River**
- 2.00 PM **Wild Edens**
- 3.00 **India's New Worlds**
- 5.00 **The Bill Caught Red-Handed:** Burnside and Carver suspect Yorkie is taking illegal drugs.
- 5.30 **Homes and Gardens:** CID step in when Yorkie is abducted.
- 6.00 **Country Cousin:** A detective comes to Sun Hill from a rural area to help Burnside capture a wanted man.
- 6.30 **Alarms and Embarrassments:** Yorkie investigates an armed robbery at an off-license.
- 7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
- 9.00 **Mistresses** 2/4. Katie unearths a disturbing secret at her childhood home. (S3)
- 10.20 **The Bill** Four episodes.
- 12.20 AM **Pointless** Double bill.
- 2.20 **Mistresses** As 9.00pm.
- 3.30 **The Hidden River**
- 5.10 to 6.00 AM **The Bill**

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Strange Creatures**
- 8.00 **A Bee's Diary**
- 9.00 **Great Blue Wild**
- 12.00 **NOON Osprey**
- 1.00 PM **Planet Weird**
- 2.00 **Big Beasts: Last of the Giants**
- 5.00 **David Attenborough's First Life** 1/2. The origins of life on Earth.
- 6.15 2/2. Exploring how animals began to survive on dry land.
- 7.30 **Micro Monsters with David Attenborough** How creepy-crawly predators defend the defences of their prey.
- 8.00 **Gladiators** The ingenious tactics of Australia's toughest fighters.
- 9.00 **Jaguar Journals** The team get to know Aroeira, their newly collared female, before tracking Badalo - who has moved deeper into the flooded forest.
- 10.00 **My Wild Cats** Double bill. Observing five unique feline species as they try to make a comeback in the wild.
- 12.00 **MT Gladiators** As 8.00pm.
- 1.00 AM **Jaguar Journals**
- 2.00 to 6.00 AM **Africa's Wild Horizons**

WILD

165 841 182

- 8.00 AM **Animals Gone Wild**
- 9.00 **Secrets of the Zoo: Tampa**
- 11.00 **The Incredible Dr Pol**
- 12.00 **NOON Yukon Vet**
- 2.00 PM **Ocean's Weirdest**
- 3.00 **Ice Road Rescue**
- 5.00 **Snakes in the City**
- 7.00 **Savage Kingdom** A hyena pack prepare to attack a pride of lions that have driven them from their territory.
- 8.00 **The Incredible Dr Pol** **New editions** The vet checks on a cow that is behaving strangely, and examines matching skin infections on a goat and pig.
- 9.00 The vet castrates a feisty mini-horse, and tends to a cow unable to birth her calf.
- 10.00 **Africa's Deadly Kingdoms** Exploring the remote African bushveld, one of the deadliest environments on the planet.
- 11.00 **Snakes in the City** Simon and Siouxsie risk their lives to save a black mamba in a storm.
- 12.00 **MT Lawless Island**
- 2.00 AM **Secrets of the Zoo**
- 4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Twisted Sisters**
- 10.00 **Calls from the Inside**
- 12.00 **NOON The Perfect Murder**
- 2.00 PM **Swamp Murders**
- 4.00 **The Wonderland Murders**
- 6.00 **The Killer Beside Me** The travails of Caroline Nosed after she befriended new colleague Christopher O'Kroy.
- 7.00 The story of the 2015 murder of 20-year-old Andrea Farrington at the hands of security guard Alexander Kozak.
- 8.00 **Blood Relatives** The story of an unconventional New York family dragged into the headlines after one of them was murdered in brutal fashion.
- 9.00 **Evil Lives Here** Elishaba embarks on a daring escape from her abusive father.
- 10.00 **Hostage 911** A father and his sons are home when a bank robber takes them hostage.
- 11.00 **Britain's Deadly Women**
- 12.00 **MT Scorned: Crimes of Passion**
- 2.00 AM **Murder in the Heartland**
- 4.00 to 6.00 AM **Disappeared**

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
- 9.00 **How the Nazis Lost the War**
- 10.00 **The Real Hunt for Red October** Double bill.
- 12.00 **NOON Ancient Aliens**
- 2.00 PM **What on Earth?**
- 3.00 **How the Nazis Lost the War**
- 4.00 **Looting History**
- 5.00 **Life After People**
- 7.00 **Instruments of Death** A look at the weapons used during the Battle of the Somme.
- 8.00 **Holy Marvels with Dennis Quaid** The Hollywood actor investigates the stories of sacred and holy relics.
- 9.00 The actor investigates the quest for immortality.
- 10.00 **Hitler's Secret Sex Life** The truth behind the rumours about Hitler's sex life.
- 11.00 **Ancient Aliens** Triple bill.
- 2.00 AM **Rome's Bloodiest Dynasty: Boudica's Revenge**
- 3.00 **The UnXplained with William Shatner** Unsolved mysteries.
- 4.00 **Evidence of the Unexplained**
- 5.00 to 6.00 AM **Close Encounters Down Under**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
- 9.00 **Combat Dealers**
- 12.00 **NOON Shed and Buried**
- 3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
- 6.00 **Mummies Unwrapped** Archaeologist Romy Romany investigates mummified bodies found in the Peruvian jungle.
- 7.00 Romy investigates the mummified bodies of three Incan children.
- 8.00 A mummified body leads treasure hunters to \$120million in gold and jewels.
- 9.00 **Disasters at Sea** In 2007 on the River Clyde, Scotland, a bulk carrier is assisted by a tugboat. Dedicated investigators explain how the journey went wrong, leaving three men dead.
- 10.00 **Storm Chasers** 1-4/4. A chance to see the documentary series following a film-maker and a meteorologist as they attempt to intercept and film a tornado from within its area of effect.
- 2.00 to 5.00 AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **Railroad Alaska**
- 9.00 **How Do They Do It?**
- 11.00 **Goblin Works Garage**
- 12.00 **NOON Shed and Buried**
- 5.00 PM **Kindig Customs**
- 8.00 **Motor Pickers** Motorcycle enthusiast Ellie hopes to find a car that's fun to drive.
- 8.30 Paul has owned over 250 cars and now wants something exotic and stylish.
- 9.00 Survival expert Stephen wants a comfortable sports car.
- 9.30 Terry has a budget of £25,000 to spend on an SUV.
- 10.00 Luke is looking to buy an SUV with plenty of gadgets.
- 10.30 Alex is hoping to find a car for his growing family.
- 11.00 **Head 2 Head** Jonny Lieberman and Jason Cammisa pit a 2015 BMW M4 against a 2016 Chevrolet Camaro SS.
- 11.30 Jonny and Jason pair up two very expensive SUVs.
- 12.00 **MT Head 2 Head** Double bill.
- 1.00 AM **Last Outpost**
- 2.00 to 5.00 AM **Texas Metal**

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 7.25 AM **The Killer** As 3.45pm.
- 9.40 **PREMIERE I Saw the TV Glow** As shown at 10.35pm.
- 11.30 **Furiosa: A Mad Max Saga**
- 2.05 PM **The Last Stop in Yuma County** Crime thriller. (2023, 15, 100min) ★★★★★
- 3.45 **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. (2024, 15, 126min) ★★★★★
- 6.00 **Bad Boys: Ride or Die** Action comedy adventure sequel. (2024, 15, 115min) ★★★★★



10.35 I Saw the TV Glow

- 8.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Alyla Browne, Tom Burke and Lachy Hulme. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.35 **PREMIERE I Saw the TV Glow** Horror starring Justice Smith. A youth becomes obsessed with a TV show, and begins to question the blurred line separating reality from fiction. (2024, 15, 100min) ★★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.25 AM **Bad Boys: Ride or Die** The Last Stop in Yuma County
- 4.05 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★★
- 5.55 to 7.45 AM **PREMIERE I Saw the TV Glow** As 10.35pm.

Sky Cinema Drama

310 410 510 524

- 7.20 AM **Boy Meets Boy** As 4.25am.
- 8.35 **Ray** As shown at 9.50pm.
- 11.10 **Oppenheimer** Epic biopic. (2023, 15, 180min) ★★★★★
- 2.10 PM **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
- 4.20 **Charlie Wilson's War** Comedy. (2007, 15, 97min) ★★★★★
- 6.05 **8 Mile** Urban drama starring Eminem and Brittany Murphy. (2002, 15, 112min) ★★★★★
- 8.00 **Bob Marley: One Love** Biopic starring Kingsley Ben-Adir as reggae icon Bob Marley. (2023, 12, 104min) ★★★★★
- 9.50 **Ray** Biopic starring Jamie Foxx as music legend Ray Charles, who overcame poverty, racism and the loss of his sight to forge a ground-breaking musical career out of a unique fusion of jazz, R&B, country and gospel. (2004, 15, 152min) ★★★★★
- 12.25 AM **She Came to Me** Comedy. (2023, 15, 102min) ★★★★★
- 2.10 **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★★★
- 4.25 **Boy Meets Boy** Drama.
- 5.45 to 7.50 AM **BlackBerry** Comedy drama starring Jay Baruchel. (2023, 15, 120min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM **Blue Beetle** Adventure. (2023, 12, 127min) ★★★★★
- 8.20 **Moving On** (2022, 15) ★★★★★
- 10.00 **The Flash** (2023, 12) ★★★★★
- 12.40 PM **Aquan and the Lost Kingdom** (2023, 12) ★★★★★
- 2.45 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★★★
- 4.20 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12) ★★★★★
- 6.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★★



6.15 The Hangover

- 8.00 **The Hangover Part II** Dark comedy sequel with Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother despite severe memory loss. (2011, 15, 101min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.55 **The Hangover Part III** Dark comedy sequel starring Bradley Cooper. The friends go in search of a Chinese criminal after they are captured by his mobster rival. (2013, 15, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.50 **Relax, I'm from the Future** Comedy starring Rhys Darby. (2023, 15, 94min) ★★★★★
- 1.40 AM **Desperation Road** Thriller starring Mel Gibson. (2023, 18, 112min) ★★★★★
- 3.35 **Rumble Through the Dark** Thriller. (2023, 15) ★★★★★
- 5.45 to 6.00 AM **The Cinema List: British Sky Originals**

Sky Cinema Sci-fi/Horror

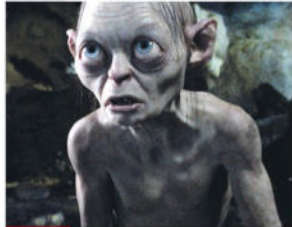
311 411 511 525

- 6.15 AM **Silent Running** As 2.55pm.
- 7.50 **Monolith** As shown at 4.35pm.
- 9.30 **Resident Evil: Apocalypse**
- 11.10 **Dark Skies** As 1.55am.
- 12.55 PM **Annabelle: Creation** (2017)
- 2.55 **Silent Running** Sci-fi drama. (1972, U, 90min) ★★★★★
- 4.35 **Monolith** Thriller starring Lily Sullivan. (2022, 15, 90min) ★★★★★
- 6.20 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
- 8.00 **World War Z** Apocalyptic action thriller starring Brad Pitt, Mireille Enos and Daniella Kertesz. (2013, 15, 116min) ★★★★★
- 10.10 **Annabelle: Creation** Horror starring Anthony LaPaglia and Samara Lee. A nun and several girls from an orphanage become the target of a dollmaker's possessed creation. (2017, 15, 109min) ★★★★★
- 12.10 AM **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★★★
- 1.55 **Dark Skies** Thriller starring Keri Russell and Josh Hamilton. (2013, 15, 97min) ★★★★★
- 3.40 **Dashcam** Horror starring Annie Hardy. (2021, 18, 80min) ★★★★★
- 5.10 to 6.50 AM **Arcadian** Horror thriller starring Nicolas Cage. (2024, 15, 92min) ★★★★★

Sky Cinema Family

306 406 506 520

- 6.00** AM *The Horse Dancer* (2017)
8.00 *The Cinema List: Family Movie Night*
8.20 *Bicentennial Man* As 11.55pm.
10.35 *The Karate Kid* Family drama. (2010, PG, 140min) ★★★
1.00 PM *The Hobbit: An Unexpected Journey* Fantasy. (2012, 12, 165min) ★★★
4.00 *The Hobbit: The Desolation of Smaug* Fantasy adventure starring Martin Freeman. (2013, 12, 161min) ★★★★★



1.00 *The Hobbit*

- 6.55** *The Hobbit: The Battle of the Five Armies*
 Epic fantasy adventure starring Martin Freeman and Richard Armitage. (2014, 12, 144min) ★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.25** *Hook* Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. (1991, U, 140min) ★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.55** *Bicentennial Man* Romantic sci-fi drama starring Robin Williams and Embeth Davidtz. (1999, PG, 131min) ★★★

- 2.20** AM *Ghost Squad* Fantasy adventure with Will Spencer. (2015, PG, 86min) ★★★
4.00 to **6.05** AM *The Horse Dancer* Drama starring Sophie Bolen. (2017, PG, 114min) ★★★

Sky Cinema Feel Good

302 402 502 516

- 7.25** AM *Snow Day* As 4.00am.
9.00 *Bean* Comedy spin-off. (1997, PG, 90min) ★★★
10.35 *Mr Bean's Holiday* Comedy. (2007, PG, 89min) ★★★
12.15 PM *The Flintstones* Comedy. (1994, U, 93min) ★★★
1.55 *Miss Potter* Biographical drama. (2006, PG, 93min) ★★★
3.35 *The King's Speech* Royal drama. (2010, 12, 118min) ★★★★★

- 5.35** *Forrest Gump* Whimsical fable. (1994, 12, 136min) ★★★★★
8.00 *Barbie* Comedy starring Margot Robbie and Ryan Gosling. The living doll's perfect life is turned upside down when she suffers an existential crisis. (2023, 12, 114min) ★★★★★
10.00 *The Breakfast Club* Comedy drama starring Emilio Estevez. Five different students discover common bonds while spending a Saturday in detention. (1984, 15, 97min) ★★★★★

- 11.45** *The Boat That Rocked* Comedy. (2009, 15, 135min) ★★★★★
2.05 AM *Love Again* Comedy. (2023, 12, 100min) ★★★
4.00 *Snow Day* Family comedy. (2000, PG, 89min) ★★
5.40 to **6.40** AM Sky Cinema Preview

Sky Cinema Stunts

307 407 507 521

- 6.05** AM *Once Upon a Time in China II* As shown at 2.10pm.
8.05 *The Day of the Jackal* Thriller. (1973, 15, 142min) ★★★★★
10.30 *Assassin* As shown at 4.55am.
12.15 PM *Enter the Dragon* Thriller. (1973, 18, 97min) ★★★★★
2.10 *Once Upon a Time in China II* Hong Kong thriller. Subtitled. (1991, 15, 120min) ★★★
4.10 *Haywire* (2012, 15) ★★★★★
6.00 *The Equalizer 3* Thriller sequel. (2023, 15, 109min) ★★★



8.00 *Mad Max: Fury Road*

- 8.00** *Mad Max: Fury Road*
 Sci-fi action thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00** *Furiosa: A Mad Max Saga* Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2024, 15, 148min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35** AM *Monkey Man* Thriller. (2024, 18, 121min) ★★★
2.40 *Once Upon a Time in China* Hong Kong martial arts thriller starring Jet Li. Subtitled. (1991, 15, 120min) ★★★★★
4.55 to **6.30** AM *Assassin* Thriller. (2023, 15, 88min) ★★★

Sky Cinema GGrats

304 404 504 518

- 6.20** AM *Birdy* As 4.00am.
8.25 *Far and Away* Romantic epic. (1992, 15, 140min) ★★
10.55 *Scent of a Woman* As 1.25am.
1.35 PM *The Shawshank Redemption* Prison drama. (1994, 15, 142min) ★★★★★
4.00 *See No Evil, Hear No Evil*
6.00 *Dumb and Dumber* Comedy with Jim Carrey and Jeff Daniels. (1994, 12, 107min) ★★

- 8.00** *Planes, Trains and Automobiles* Comedy starring Steve Martin and John Candy as two unlikely travelling companions forced to share a disaster-ridden journey. (1987, 15, 92min) ★★★★★
9.35 *Parenthood* Comedy drama starring Steve Martin and Mary Steenburgen. An anxious father strives to do the best for his kids – but his efforts don't always work out as planned. (1989, 15, 124min) ★★★★★

- 11.40** *See No Evil, Hear No Evil* Comedy thriller starring Gene Wilder. (1989, 15, 107min) ★★★
1.25 AM *Scent of a Woman* Comedy drama with Al Pacino. (1992, 15, 157min) ★★★★★
4.00 to **6.05** AM *Birdy* Drama. (1984, 15, 120min) ★★★★★

Sky Cinema Comedy

308 408 508 522

- 6.00** AM *Superbad* As 2.40pm.
7.55 *Sausage Party* As 4.40pm.
9.30 *Big Daddy* As 6.20pm.
11.10 *Wimbledon* As 8.00pm.
12.55 PM *David Brent: Life on the Road* As shown at 9.45pm.
2.40 *Superbad* Teen comedy. (2007, 15, 113min) ★★★★★
4.40 *Sausage Party* Animation. (2016, 15, 89min) ★★★
6.20 *Big Daddy* Comedy with Adam Sandler and Kristy Swanson. (1999, 12, 95min) ★★★



9.45 *David Brent: Life on the...*

- 8.00** *Wimbledon* Romantic comedy with Paul Bettany and Kirsten Dunst. A lowly ranked tennis player enjoys a winning streak at Wimbledon after he falls in love with a rising star. (2004, 12, 98min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.45** *David Brent: Life on the Road* Comedy spin-off starring Ricky Gervais. More than a decade on from his appearance in *The Office*, David Brent dreams of a music career. (2016, 15, 96min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30** *Beau Is Afraid* Horror comedy starring Joaquin Phoenix and Nathan Lane. (2023, 15, 179min) ★★★★★

- 2.35** AM *The Back-Up Plan* Romantic comedy with Jennifer Lopez and Alex O'Loughlin. (2010, 12, 100min) ★★
4.35 to **6.20** AM *The Accidental Husband* Romantic comedy. (2008, 12, 86min) ★

Sky Cinema Animation

305 412 500 514

- 6.00** AM *The Swan Princess* (1994)
7.35 *Teenage Mutant Ninja Turtles...*
9.25 *Surf's Up* As shown at 8.50pm.
11.00 *Antz* Animated comedy. (1998, PG, 83min) ★★★★★
12.40 PM *Kung Fu Panda 4* Animated sequel. (2023, PG, 94min) ★★★
2.20 *Minions* Animated comedy. (2015, U, 91min) ★★★★★
4.00 *Despicable Me 3* Animated sequel. (2017, U, 99min) ★★★★★

- 5.35** *Over the Hedge* Animation. (2006, U, 83min) ★★★★★
7.05 *Teenage Mutant Ninja Turtles: Mutant Mayhem* Animation. (2023, PG, 99min) ★★★★★
8.50 *Surf's Up* Animated comedy. (2007, PG, 85min) ★★★★★
10.25 *The Swan Princess* Animated musical. (1994, U, 89min) ★★
12.00 MT *The Swan Princess: The Secret of the Castle* (1997) ★★
1.20 AM *Tad the Lost Explorer and the Secret of King Midas* Animation. (2017, U) ★★

- 2.50** *Megamind vs The Doom Syndicate* (2024, U) ★★
4.20 *Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse* (2022, PG) ★★
5.45 to **7.05** AM *Wonder Woman* Animated action adventure. (2009, PG, 74min) ★★

Sky Cinema Thriller

309 409 509 523

- 6.00** AM *Dangerous Waters*
7.45 *Reindeer Games* As 10.05pm.
9.40 *Hotel Mumbai* Crime thriller. (2018, 15, 123min) ★★★★★
11.55 *Murder by Numbers* (2002)
2.05 PM *Dead Shot* Action thriller. (2023, 15, 92min) ★★★
3.45 *The Sum of All Fears* Action thriller starring Ben Affleck. (2002, 12, 119min) ★★★★★
5.55 *Green Zone* Action thriller starring Matt Damon. (2010, 15, 110min) ★★★★★



8.00 *The Girl on the Train*

- 8.00** *The Girl on the Train*
 Thriller based on Paula Hawkins' novel, starring Emily Blunt and Rebecca Ferguson. An alcoholic gets drawn into a web of intrigue when she becomes fascinated by a woman's disappearance. (2016, 15, 107min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05** *Reindeer Games* Thriller starring Ben Affleck. An ex-con poses as his dead cell mate in order to take up with the man's female pen pal and finds himself unwillingly embroiled in a casino heist. (2000, 15, 105min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.55** *Murder by Numbers* Thriller. (2002, 15, 120min) ★★
2.05 AM *Dangerous Waters* Thriller. (2023, 15, 101min) ★★
3.50 *The Lesson* Romantic thriller. (2023, 15, 103min) ★★
5.40 to **8.10** AM *Detroit* Fact-based drama. (2017, 15) ★★★★★

Movies 24

312 419

- 7.00** AM *Unthinkably Good Things* Drama. (2022, PG, 84min) ★★
9.00 *The Honeymoon Pact* Comedy. (2023, PG, 90min) ★★
11.00 *3 Bed, 2 Bath, 1 Ghost* Comedy. (2023, PG, 84min) ★★
1.00 PM *Love on the Right Course* Comedy. (2024, PG, 84min) ★★
3.00 *Lucky Hearts* Romantic comedy starring Margie Mays. (2023, PG, 89min) ★★

- 5.00** *Pumpkin Everything* Romantic comedy. (2022, PG, 84min) ★★
7.00 *Made for Each Other* Romantic fantasy with Alexandra Turshen. A sculptor creates her ideal man. (2023, PG, 84min) ★★
9.00 *Stepping into Love* Romantic drama with Jenna Michno. The curator of a struggling museum works with an avant garde artist to develop an unconventional exhibit. (2023, PG, 82min) ★★
11.00 *Love & Jane* Romantic fantasy. (2024, PG, 84min) ★★

- 1.00** AM *Finding Love in Saint Lucia* Drama starring Brooke Burfitt. (2023, PG, 90min) ★★
3.00 to **5.00** AM *Fourth Down and Love* Drama starring Pascale Hutton. (2023, PG, 90min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
11.00 AM *Babe: Pig in the City* Comedy drama sequel. (1998, U, 96min) ★★★★★
12.50 PM *Anastasia* Animation. (1997, U, 94min) ★★
2.45 *The Perfect Catch* Comedy. (2005, PG, 103min) ★★
4.50 *The Golden Child* Adventure fantasy. (1986, PG, 93min) ★★
6.40 *Jumanji: Welcome to the Jungle* Fantasy comedy. (2017, 12, 119min) ★★★★★



6.40 *Jumanji: Welcome to...*

- Jumanji: Welcome to the Jungle**
 (film started at 6.40pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** *Jumanji: The Next Level*
 Fantasy adventure sequel starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. Players of the rebooted Jumanji return and attempt to rescue one of their own. (2019, 12, 123min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.25** *The Night House* Psychological horror thriller starring Rebecca Hall. A grieving teacher experiences strange visions that suggest there is a ghostly presence in her lake house. (2021, 15, 108min) ★★★★★
1.30 to **3.40** AM *The Rider*
 Western drama, starring Brady Jandreau and Mooney. (2017, 15, 104min) ★★★★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM *Look at Life*
6.15 *Double Confession* Drama. (1950, b/w, PG, 85min) ★★
7.55 *Black Saddle* 12/24. (S2)
8.25 *Stingray* 8/39. (S1)
9.00 *Batman* 2/60. (S2)
9.30 *Space Patrol* 34/39. (S1)
10.00 *Robin Hood Junior* (1975) ★★
11.10 *The Adventures of Robin Hood*
11.40 *Undersea Kingdom* 10/12. (S1)
12.00 NOON *One Step Beyond* (S2)

- 12.35** PM *First Spaceship on Venus*
 German adventure. Subtitled. (1960, b/w, U, 93min) ★★
2.10 *Dick Barton: Special Agent*
2.25 *Fireball XL5* 11/39. (S1)
3.00 *Captain Scarlet and the Mysterons* 4/32. (S1)
3.35 *Look at Life* Documentary.
3.45 *The Black Tent* (1956, U) ★★
5.35 *Account Rendered* Thriller. (1957, b/w, PG, 59min) ★★
6.50 *Look at Life* Documentary.
7.00 *Z Cars* 22/31. (S10)
8.00 *Travelling Man* 5/7. (S2)

- 9.05** *Sherlock Holmes: The Sign of Four* Feature-length drama.
11.10 *Open Fire* Drama. (1994, 12) ★★
1.20 AM *The Agitator* (1945, U) ★★
3.20 *Romantic Undertaking* Comedy. (1994, PG, 95min) ★★
5.15 *Look at Life* Documentary.
5.30 to **6.00** AM *Out of Town*

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
9.00	LIVE DP World Tour Golf Coverage of day three of the Bahrain Championship from Royal Golf Club, where Dylan Frittelli was victorious last year.
11.00	LIVE EFL Plymouth Argyle v West Bromwich Albion. Coverage of the Championship match at Home Park. The sides shared the spoils in a 1-1 draw in August's reverse fixture, with Plymouth ending the match with nine men. Kick-off is at 12.30pm.
3.00	PM Gillette Soccer Saturday
5.00	LIVE SNF Wolverhampton Wanderers v Aston Villa. The Premier League match from Molineux. Kick-off is at 5.30pm.
8.00	LIVE Fight Night Adam Azim v Sergey Lipinets. Coverage of the bout for the vacant IBO world super-lightweight title staged at OVO Arena Wembley.
11.00	LIVE PGA Tour Golf Coverage of day three of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links in California.
12.00	M'T to 6.00 AM Sky Sports News

TNT Sports 1

410 870 527 408 430

6.00 AM **LIVE** Isuzu UTE A-League Sydney FC v Adelaide United. The Australian top-flight match at Allianz Stadium. Kick-off 6.00am.

8.00 Premier League Preview

8.30 **LIVE** Isuzu UTE A-League Central Coast Mariners v Newcastle Jets. The Australian top-flight match. Kick-off 8.35am

10.30 Premier League Preview

11.00 **LIVE** Premier League Nottingham Forest v Brighton & Hove Albion. Coverage of the top-flight match from the City Ground. Kick-off 12.30pm.

3.00 PM **LIVE** UFC Preliminary bouts.

5.00 **LIVE** UFC Israel Adesanya v Nassourdine Imavov. Coverage of the middleweight bout at ANB Arena in Riyadh, Saudi Arabia.

8.30 Women's Ashes Highlights.

10.00 **LIVE** NBA Utah Jazz v Orlando Magic. Coverage of the inter-conference match staged at Delta Centre. Tip-off 10.00pm.

12.30 AM T20 Cricket Highlights

1.30 Women's Ashes Recent action.

3.00 to 6.00 AM **LIVE** Women's Ashes Australia v England. The fourth and final day of the one-off Test from Melbourne.

TNT Sports 4

421

876

530

411

434

6.45

AM T20 Cricket Highlights

7.45

Champions League Highlights

8.45

Europa League & Conference League Highlights Show

9.45

The Fantasy Show

10.15

NBA on Fire The latest news.

10.45

LIVE

Isuzu UTE A-League Perth Glory v Melbourne Victory. Coverage of the Australian top-flight match from HBF Park. Kick-off is at 10.45am.

12.45

PM TNT Sports Reload

1.00

NBA Highlights and features.

6.30

NBA on Fire The latest news.

7.00

NBA 76ers v Nuggets.

8.30

NBA Action Highlights.

9.00

NBA on Fire The latest news.

9.30

UEFA Documentaries

10.30

Vendee Globe Highlights

11.00

SailGP – Racing on the Edge

11.30

Champions League Magazine

12.00

M'T Isuzu UTE A-League

4.00

AM Champions League

5.00

to 6.00 AM Europa League & Conference League Highlights

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Years
9.00	The Big Interview
9.30	Fantasy Show
10.00	Saturday Social
11.00	Premier League Stories
11.30	Fantasy Show
12.00	NOON Gillette Soccer Saturday: Build-Up
3.00	PM Gillette Soccer Saturday
5.00	LIVE SNF Wolverhampton Wanderers v Aston Villa. Coverage of the Premier League match from Molineux. Villa scored three late goals in the reverse fixture back in September, as they came from a goal down to win 3-1. Matheus Cunha scored in the first half to give Wolves the lead, but goals in the final 20 minutes from Ollie Watkins, Ezri Konsa and Jhon Duran gave Villa the three points. Kick-off 5.30pm.
8.30	Game of the Day
10.30	Premier League Highlights Everton v Leicester City.
11.00	Premier League Highlights
3.00	AM PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411 871 528 409 431

6.00 AM **LIVE** Women's Ashes Australia v England. The third day of the one-off Test staged at Melbourne Cricket Ground.

11.30 **T20 Cricket Highlights I**

12.30 PM **UEFA Champions League Magazine** News and action.

1.00 **HSBC SVNS Highlights**

2.00 **Vendee Globe Highlights**

2.30 **TNT Sports Cricket Reload**

2.45 **Xtra Time** Post-match reaction.

3.15 **What I Wore** Michel Salgado.

3.30 **Ultimate Pool** Recent action.

5.00 **SailGP – Racing on the Edge**

5.30 **UEFA Champions League Magazine** News and action.

6.00 **Isuzu UTE A-League**

10.00 **UEFA Champions League Goals Reload** The best goals from the latest round of fixtures.

10.15 **Test Cricket Highlights** Action from Sri Lanka v Australia staged at Galle International Stadium.

11.15 **TNT Sports Cricket Reload**

11.30 **LIVE** Women's T20 Super Smash Coverage of the Grand Final from Cello Basin Reserve.

3.00 AM **TNT Sports Cricket Reload**

3.15 to **6.45** AM **LIVE** T20 Super Smash Coverage of the Grand Final from Cello Basin Reserve.

Eurosport 1

413 **870** **521** **412** **435**

6.00 AM Snooker: German Masters

8.00 Discovery Golf

8.30 Nordic Combined Skiing

8.50 **LIVE** Nordic Combined Skiing From Seefeld in Austria.

10.50 **LIVE** Ski Jumping Coverage from Willingen in Germany.

12.30 PM **LIVE** Freestyle Skiing The men's and women's ski cross events in Veysonnaz, Switzerland.

1.05 **LIVE** Snooker: German Masters The afternoon session on day six at Tempodrom Berlin, featuring the opening semi-final.

4.30 Australian Open Tennis

6.00 Snooker: German Masters

7.00 **LIVE** Snooker: German Masters The evening session on day six from Tempodrom Berlin, featuring the second semi-final.

10.30 Snooker: German Masters

12.00 M'T Cycling: AIUla Tour

1.00 AM Cyclo-Cross From Lievin.

2.00 Snooker: German Masters

4.00 to 6.00 AM Ski Jumping

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Highlights
6.15	EFL Championship play-off finals.
9.15	Bundesliga Recent action.
9.45	EFL Highlights Championship.
10.00	Saturday Social
11.00	LIVE EFL Plymouth Argyle v West Bromwich Albion. Coverage of the Championship match at Home Park. The sides shared the spoils in a 1-1 draw in August's reverse fixture, with Plymouth ending the match with nine men after Adam Forshaw and Frederick Issaka were both sent off. Kick-off is at 12.30pm.
3.00	PM Gillette Soccer Saturday
5.00	Gillette Soccer Saturday: Reaction Post-match analysis.
5.20	LIVE Bundesliga FC Union Berlin v RB Leipzig. Coverage of the German top-flight match staged at Stadion An der Alten Forsterei. Kick-off is at 5.30pm.
7.30	Bundesliga Another chance to see Bayern Munich v Holstein Kiel.
9.30	EFL Highlights Blackburn Rovers v Preston North End.
9.45	Highlights from Watford v Norwich City at Vicarage Road.
10.00	Bundesliga Recent action.
10.30	PM to 6.00 AM EFL Highlights

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE Test Cricket
Sri Lanka v Australia.
Coverage of the fourth day of the first Test in the two-match series at Galle International Stadium.

3.15 PM TNT Sports Cricket Reload

4.00 The Jake Dixon Diaries

5.30 Vendee Globe Highlights

6.00 Women's Ashes

7.00 The Edge Australia v England from Melbourne Cricket Ground.

7.30 Test Cricket Highlights

8.30 Women's T20 International Cricket West Indies v Bangladesh

9.30 T20 Cricket Highlights India v England in the fourth T20 in Pune

10.30 The Edge Australia v England from Melbourne Cricket Ground.

11.00 Ultimate Pool Recent action.

12.30 AM NBA Action

1.00 NBA on Fire The latest news.

1.30 LIVE NBA New York Knicks v Los Angeles Lakers. The inter-conference match from Madison Square Garden. Tip-off 1.30am.

4.00 TNT Sports Reload

4.15 to 6.00 AM LIVE Test Cricket
Sri Lanka v Australia. Coverage of the fifth and final day of the first Test in the two-match series from Galle International Stadium.

Eurosport 2

414 871

522 413 436

6.00

AM Australian Open Tennis

8.00

Snooker: German Masters

9.55

Cycling: Challenge Mallorca

10.50

Cycling: AIUla Tour

11.45

LIVE Cycling: AIUla Tour The fifth and final stage in Saudi Arabia

1.45

PM **LIVE** Cyclo-Cross Coverage of the women's race in the World Championships at Lievin in France

3.20

LIVE Ski Jumping Coverage from Willingen in Germany.

4.50

Ski Jumping From Germany.

5.50

Winter Sport – Zoe Atkin

6.00

Australian Open Tennis

7.00

Ski Jumping From Willingen.

8.00

Cycling: AIUla Tour

9.00

Cyclo-Cross In Lievin, France.

10.00

Ski Jumping From Willingen.

11.00

Show Jumping In Amsterdam.

12.00

MT Australian Open Tennis

1.00

AM Ski Jumping From Willingen.

2.00

Cyclo-Cross From Lievin, France.

3.00

Cycling: AIUla Tour

4.00

to 6.00 AM Snooker: German Masters

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM Women's ICC World T20
9.00	ICC U19 Women's World T20
9.30	SA20 Recent highlights.
10.30	LIVE SA20 Sunrisers Eastern Cape v Paarl Royals. Coverage of the match from Dababt St George's Park. These sides last met in this fixture on the final regular game of last season with the hosts coming out on top to help them finish top of the league.
3.00	PM LIVE SA20 Joburg Super Kings v Durban's Super Giants. Coverage of the match at DP World Wanderers Stadium, Johannesburg. These two sides met in the penultimate game of the league stage last year with the hosts winning the game by seven wickets in a high-scoring affair.
7.30	Women's ICC World T20 South Africa v New Zealand.
8.00	ICC U19 Women's World T20
9.00	SA20 Recent highlights.
11.00	WPL Highlights from 2024.
12.00	M'T ICC U19 Women's World T20 Action from the semi-finals.
1.00	AM SA20 Recent highlights.
5.30	Jimmy Anderson's Greatest Spells Archive action.
5.45	to 6.00 AM Blue for Bob

Sky Sports	NFL
408 517 507 426 446	
6.00	AM NFL Highlights
7.00	Super Bowl LVIII Highlights
8.00	NFL: America's Game
9.00	Super Bowl LVIII Highlights
10.00	Super Bowl LIV Highlights
12.00	NOON Super Bowl LVIII
12.15	PM NFL Bitesize Highlights
1.00	Super Bowl LIV Highlights
3.00	Super Bowl LVI Highlights
5.00	NFL Bitesize Highlights
5.30	NFL Gameday A round-up of the latest American football news.
6.00	Super Bowl LIV Highlights
8.00	NFL Bitesize Highlights Kansas City Chiefs v Houston Texans in the first Divisional play-off match.
8.15	Action from Detroit Lions v Washington Commanders in the second Divisional play-off match.
8.30	Highlights of Philadelphia Eagles v Los Angeles Rams in the third Divisional play-off match.
8.45	Action from Buffalo Bills v Baltimore Ravens in the fourth Divisional play-off match.
9.00	NFL Highlights Action from Kansas City Chiefs v Buffalo Bills in the AFC Championship match.
10.00	Super Bowl LVII Highlights Philadelphia Eagles v Kansas City Chiefs from the 2022/23 season.
12.00	M'T to 6.00 AM NFL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
10.00	Soccer Saturday Pre-Match
10.30	Fantasy Football Pre-Match
11.00	EFL Build-Up
12.25	PM LIVE EFL Watford v Norwich City. Coverage of the Championship match at Vicarage Road, as the teams meet for the second time this season. The reverse fixture at Carrow Road saw the Canaries claim a first home win under boss Johannes Thorup, as two goals in each half inspired them to a 4-1 win over the Hornets. Kick-off 12.30pm.
3.00	Gillette Soccer Saturday
5.00	Gillette Soccer Saturday: Reaction Post-match analysis.
7.00	LIVE Fight Night Adam Azim v Sergey Lipinets. Coverage of the bout for the vacant IBO world super-lightweight title staged at OVO Arena Wembley.
11.00	PM to 6.00 AM Sky Sports News

Sky Sports	Golf
405 515 505 423 443	
6.00	AM DP World Tour Golf
6.30	Roots Profiles of leading players.
7.30	HotelPlanner Tour Golf
8.00	Nick Dougherty's Tee Time Tips
8.30	DP World Tour Golf
9.00	LIVE DP World Tour Golf The third day of the Bahrain Championship at Royal Golf Club.
1.30	PM Uncommon: Building a Boston Sports Team
2.00	TGL Recent highlights.
4.00	DP World Tour Golf
4.30	LIVE PGA Tour Golf Coverage of day three of the AT&T Pebble Beach Pro-Am from California.
12.00	M'T DP World Tour Golf
12.30	AM Golf's Greatest Holes
1.00	Nick Dougherty's Tee Time Tips
1.30	DP World Tour Golf
2.00	PGA Tour Golf Highlights.
4.00	DP World Tour Golf
4.30	Ryder Cup Memories
5.00	to 6.00 AM Nick Dougherty's Tee Time Tips

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM LIVE WTA Tennis The WTA Singapore Open semi-finals.
10.00	Billie Jean King: My Story
10.15	Martina Navratilova: Unstoppable An interview.
10.30	ATP Tour This Week
11.00	WTA Tennis Hobart International.
12.00	NOON LIVE WTA Tennis The semi-finals of the WTA Linz Open.
2.00	PM LIVE WTA & ATP Tennis Coverage of the WTA & ATP Tours.
4.00	LIVE ATP Tennis The ATP Montpellier Open semi-finals.
6.00	ATP Tennis Auckland Open.
7.00	ATP Tour This Week
7.30	Bitesize Tennis Madrid Open.
7.45	Frances Tiafoe Podcast 2024
8.00	WTA & ATP Tennis
1.00	AM Bitesize Tennis
1.45	Frances Tiafoe Podcast 2024
2.00	to 6.00 AM WTA & ATP Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Super League Highlights
7.00	Fight Night Two bout replays.
9.00	ICC U19 Women's World T20
10.00	SA20 Recent highlights.
11.00	NFL Highlights
12.00	NOON Fight Night
1.00	PM Super League Highlights
2.30	LIVE Netball Nations Cup South Africa v Uganda. Coverage from Motorpoint Arena, Nottingham. Centre-pass 3.00pm.
4.30	LIVE Netball Nations Cup England v Malawi. From Nottingham. Centre-pass 3.00pm.

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 Highlights.
4.25	PM Alpine in Austin
4.30	Formula 1 Singapore Grand Prix.
6.55	F1 Explained: G-Force
7.00	Formula 1 The US Grand Prix.
9.20	Simon and Jenson's Vegas Hot Lap From the Las Vegas circuit.
9.30	Formula 1 Mexico City Grand Prix.
11.55	End of Season Funnies
12.00	M'T to 6.00 AM The Home of F1

Football

LIVE!



Premier League

Sky Sports Main Event & Sky Sports Premier League

A double-header of action, with Brentford v Spurs and Arsenal v Manchester City.

Drama



Out There

ITV1, 9pm

As the drama nears its conclusion, Johnny and dad Nathan have to defend themselves against cartel boss Turuk.

Factual



Boyzone: No Matter What

Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)

The surviving members of the band talk frankly about their experiences.

Drama

NEW



Miss Austen

BBC1, 9pm (box set, BBC iPlayer)

Keeley Hawes stars as Cassandra, sister of novelist Jane Austen, who is searching for some potentially damaging letters.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.05 Antiques Roadshow	8.05 Call the Midwife	9.05 Miss Austen	10.00 News	10.30 Match of the...
102 BBC2	7.00 Inside the Factory	8.00 This Farming Life	9.00 Life and Death Row	10.00 Film: Belfast	
103 ITV1	6.25 Dancing on Ice	8.00 Who Wants to Be a Millionaire?...	9.00 Out There	10.00 News	10.20 The Dry
104 CHANNEL 4	6.00 Mysteries of Sink Holes	7.45 The Great Pottery Throw Down	9.00 Celebrity Hunted	10.00 Celebrity Gogglebox	
105 CHANNEL 5	7.00 Heat Pumps: Are They Really Worth It?	8.00 Rich House, Poor House	9.00 Harrods: The Rise & Fall of a British...	10.00 Katie Price: Where Did All the Money...	
106 SKY SHOWCASE	6.30 Football: WSL - Live: Tottenham Hotspur v Manchester United (Kick-off 6.45)		9.00 Boyzone: No Matter What	10.00 Ladies & Gentlemen - 50 Years of...	

ENTERTAINMENT

115 BBC3	7.00 EastEnders	8.00 Celebrity Race Across the World	9.00 The Apprentice	10.00 Apprentice...	10.30 Film: Kindling
116 BBC4	7.00 Woolly Mammoth: Secrets from the Ice	8.00 Amazon with Bruce Parry	9.00 Dr. Jekyll and Mr. Hyde: The Read with...	10.05 Ian Rankin Investigates: Dr Jekyll...	
118 ITV2	7.05 Film: Legally Blonde		9.00 Love Island: All Stars	10.05 Olivia Attwood: Getting Filthy Rich	
136 MORE4	6.50 Four in a Bed	7.55 PopMaster TV	9.00 999: On the Front Line	10.00 24 Hours in A&E	
135 E4	7.00 The Simpsons		9.00 Film: Meet the Parents		
107 SKY WITNESS	7.00 Nothing to Declare		9.00 Law & Order: Special Victims Unit	10.00 FBI: International	
108 SKY ATLANTIC	6.50 Perry Mason		9.00 Lockerbie: A Search for Truth	10.05 The Wire	
110 U&GOLD	6.30 Only Fools and Horses	8.30 Dad's Army	9.10 Mrs Brown's Boys	9.50 Billy Connolly Does...	
111 U&DAVE	7.00 Special Ops: To Catch a Criminal	8.00 Guy Martin: Proper Jobs	9.00 Have I Got a Bit More News for You	10.00 QI XL	10.40 Mock...
119 ITV3	6.55 The Darling Buds of May	8.00 Doc Martin	9.00 Rosemary & Thyme	10.05 Vera	
120 ITV4	7.00 Darts: The Masters - Live: The semi-finals and final				
112 COMEDY CENTRAL	7.20 Film: Bean		9.00 Film: As Good As It Gets		
139 SKY SCI-FI	7.00 Stargate SG-1		9.00 Grimm		
113 SKY MAX	7.00 Grimm	8.00 Freddie Fries Again	9.00 A League of Their Own	10.00 Rob Beckett's Smart TV	
109 U&ALIBI	7.00 Hudson & Rex		9.00 Death in Paradise	10.00 Far North	
130 SKY ARTS	7.00 Discovering: Peter Sellers	8.00 Film: The Pink Panther		10.15 Spike Milligan: The Unseen...	
132 U&W	7.00 Pete Wicks: For Dogs' Sake		9.00 Nurses on the Ward		

DOCUMENTARY

125 DISCOVERY	7.00 Alaska: Homestead Rescue		9.00 Marooned with Ed Stafford	10.00 Custom Carolina	
162 ANIMAL PLANET	7.00 Dodo Heroes	8.00 Coyote Peterson: Brave the Wild	9.00 Tanked	10.00 Alaskan Bush People	
129 NAT GEO	7.00 Europe from Above	8.00 Mysterious Islands	9.00 Draining Loch Ness: In Search of the...	10.00 Witches: Truth Behind the Trials	
123 SKY HISTORY	7.00 Digging Up Britain's Past	8.00 Instruments of Death	9.00 Battlefield Healers - Bosworth Field	10.00 Ivan the Terrible	
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It	8.05 One Foot in the Grave		10.05 Bangers & Cash	
121 SKY DOCS	7.00 Becoming Madonna		9.00 Boyzone: No Matter What	10.00 Film: Amy	

FILMS - Sky Cinema

301 PREMIERE	6.10 Chuck Chuck Baby	8.00 Furiiosa: A Mad Max Saga		10.35 Bad Boys...	
302 FEEL GOOD	6.15 The Breakfast Club	8.00 The Boat That Rocked		10.20 Ghost	
303 HITS	5.30 A Star Is Born	8.00 Mamma Mia!	9.50 Chicago		
304 GREATS	6.00 Shirley Valentine	8.00 Airplane!	9.30 Airplane II - The Sequel		
305 ANIMATION	5.30 Spider-Man: Across the...	7.55 Tad the Lost Explorer and the Secret of King Midas	9.30 Megamind vs The Doom Syndicate		
306 FAMILY	5.45 Dungeons & Dragons: Honour...	8.00 Addams Family Values	9.40 Small Soldiers		
307 STUNTS	5.25 Furiiosa: A Mad Max Saga	8.00 John Wick	9.45 John Wick: Chapter 2		
308 COMEDY	5.55 The Heartbreak Kid	8.00 Seven Psychopaths		10.00 The Back-Up Plan	
309 THRILLER	6.15 Poker Face	8.00 Ocean's Eleven		10.05 Detroit	
310 DRAMA	5.25 Cold Mountain	8.00 Jarhead		10.10 The Color Purple	
311 SCI-FI	6.00 Edge of Tomorrow	8.00 Star Trek Beyond		10.10 Dashcam	
313 FILM4	6.25 A Knight's Tale		9.00 Indiana Jones and the Temple of Doom		

SPORT

401 MAIN EVENT	4.00 Super...	7.30 PGA Tour Golf - Live: The AT&T Pebble Beach Pro-Am			
402 PREMIER LEAGUE	4.00 Super...	7.30 Football: WSL - Live	8.45 Football	10.00 Premier League Highlights	
403 FOOTBALL	6.30 Football: WSL - Live: Tottenham Hotspur v Manchester United		8.45 Football	10.15 WSL	
404 CRICKET	7.00 ICC U19 Women's World T20	8.30 Women's ICC...	9.00 SA20		
410 TNT SPORTS 1	7.00 The Edge	7.30 Serie A - Live: AS Roma v Napoli (Kick-off 7.45)		10.00 T20 Cricket Highlights	
411 TNT SPORTS 2	7.00 PL Big Interview	7.30 Reload	8.00 NBA on Fire	8.30 NBA - Live: Cleveland Cavaliers v Dallas Mavericks (Tip-off 8.30)	

BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM **Breakfast** (S)
7.40 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning Live** **New edition**
11.30 **Homes Under the Hammer** (S)(R)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise: Facing Cancer with Faith** **New edition** (S)
1.50 **NEW** **Quentin Blake's Box of Treasures** Animation. (S)(AD)
2.20 **FILM** **The Secret Life of Pets 2** Animated adventure sequel with the voice of Patton Oswalt. (S)(AD) (2019, U, 80min) ★★★
3.40 **Gladiators** (S)(R)(AD)
4.40 **Blue Planet II** 4/7. Wildlife that lives far from land. (S)(R)(AD)
5.40 **BBC News** (S)
5.55 **Local News** (S)



8.05 **Call the Midwife**

6.05 **Countryfile** **New edition** Matt Baker and Charlotte Smith visit the Welney Wetland Centre in Norfolk, uncovering the vital role these habitats play in supporting a host of bird species. (S)

7.05 **Antiques Roadshow** Highlights at Roundhay Park in Leeds include a rare Rolex 'double red' Sea-Dweller watch and a gold handbag that was left in a safety deposit box by an anonymous benefactor. (S)(R)

8.05 **Call the Midwife** **New episode** 5/8. A solo delivery puts Sister Julianne's skills to the utmost test, and the Nonnatus team oversee the care of a man living inside an iron lung. (S14) (S)(AD)

9.05 **NEW SERIES** **Miss Austen** 1/4. Drama starring Keeley Hawes as Jane Austen's sister, who tries to conceal the author's secrets years after her death. See feature, page 6. (S1) (S)(AD) ■ Entire series on BBC iPlayer

- 10.00** **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day 2** Mark Chapman presents the latest Premier League action, featuring Arsenal v Manchester City, Manchester United v Crystal Palace and Brentford v Tottenham Hotspur. (S)
11.40 **The Women's Football Show** Highlights of the weekend's games in the Super League, including Manchester City v Arsenal. (S)
12.30 AM **The Graham Norton Show** With guests Renée Zellweger, Leo Woodall, Sterling K Brown, Anthony Mackie and Cyndi Lauper. (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 to **6.00** AM **BBC News** (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.40** AM **Countryfile** (S)(R)
7.40 **Breakfast** (S)
9.00 **Weatherman Walking** (S)(R)
9.30 **Saturday Kitchen Best Bites** **New edition** Series highlights. (S)
11.00 **Andi Oliver's Fabulous Feasts** (R)
12.00 NOON **Raymond Blanc's Kitchen Secrets** The chef focuses on winter vegetables. (S)(R)(AD)
12.30 PM **Nadiya Bakes** (S)(R)(AD)
12.45 **This Farming Life** (S)(R)
1.45 **A Countryside Winter** (S)(R)(AD)
2.15 **LIVE** **Match of the Day: Women's Super League** Aston Villa v Chelsea: The top-flight clash at Villa Park. Kick-off is at 2.30. (S)
4.35 **Flog It!** A visit to Hopetoun House, near Edinburgh. (S)(R)
5.15 **Ski Sunday** Men's World Cup downhill action from Garmisch-Partenkirchen in Germany. (S)



8.00 **This Farming Life**

6.00 **Rugby Union: Six Nations** Ugo Monye presents action from the opening round of fixtures, featuring Ireland v England, France v Wales and Scotland v Italy. (S)

7.00 **Inside the Factory** 5/6. Paddy McGuinness visits the Clays book factory to learn how they produce 3 million books each week and follow the production of 20,000 copies of *Pride and Prejudice*. (S)(R)(AD)

8.00 **This Farming Life** **New edition** 2/12. A chasm appears in Andy and Jo's wheat field, Sally pregnancy-scans her ewes, while the Imrie family discuss an events business to take pressure off the farm. (S)

9.00 **Life and Death Row** 2/3. The sentencing trial of former Marine Patrick McDowell, who had pleaded guilty to the murder of a deputy sheriff in 2021. (S)(R)(AD)

- 10.00** **FILM** **Belfast** Kenneth Branagh's drama starring Jamie Dornan, Judi Dench and Jude Hill. A young boy and his working-class family experience life in the tumultuous late 1960s in Belfast. (S)(AD) (2021, 12, 90min) ★★★★★
SEX ●●● **VIOLENCE** ●●● **LANGUAGE** ●●●
11.30 **FILM** **The Sisters Brothers** Western with John C Reilly, Joaquin Phoenix and Jake Gyllenhaal. (S) (AD) (2018, 15, 115min) ★★★★★
1.25 AM **Sign Zone: Amanda & Alan's Spanish Job** 1/8. Transforming a run-down Andalusian townhouse into a boutique B&B. (S)(R)(AD)
1.55 **Sign Zone: Question Time** (S)(R)
2.55 **Sign Zone: Silent Witness** (S)(R)
3.55 to **6.05** AM **Previews** (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM **The Masked Singer** (S)(R)(AD)
7.25 **James Martin's Saturday Morning** With Gary Kemp. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** **New edition** (S)
11.25 **Fletchers' Family Farm** **New edition** 8/10. Ruby the cow finally gives birth. (S)(AD)
12.20 PM **The Royal Beat** **New edition** News about the Royal Family. (S)
1.20 **ITV News** (S)
1.30 **LIVE** **Racing** Coverage from Leopardstown and Musselburgh. (S)
4.00 **Tipping Point: Lucky Stars** With Robert Rinder, Josie Gibson and Greg Rutherford. (S)(R)
5.00 **The Chase Celebrity Special** Jasmine Harman, Jamie Borthwick, Neil Delamere and Helen Lederer compete for charity. (S)(R)



8.00 **Who Wants to Be a Millionaire?**

6.00 **ITV News** (S)
6.15 **Local News** (S)
6.25 **Dancing on Ice** **New edition** Holly Willoughby and Stephen Mulhern host as the remaining nine celebrities perform routines with their professional skating partners to songs that have personal meaning to them in order to impress the judges and avoid elimination. (S)

8.00 **Who Wants to Be a Millionaire? Celebrity Special** **New edition** Anton du Beke and Fred Sirieix attempt to answer 15 questions correctly in the hope of winning £1 million for charity. (S)

9.00 **Out There** **New episode** 5/6. When Turuk arrives at the farm, Nathan confesses to killing Kenny, but Turuk knows the truth. See feature, page 7. (S1) (S)(AD) ■ Concludes tomorrow

- 10.00** **ITV News** (S)
10.20 **The Dry** **New episode** 7/8. The old flame reignites between Shiv and Jack. (S)(AD)
10.50 **Series finale** 8/8. Emotions are running high on the day of the house auction. (S2) (S)(AD) ■ Entire series on ITVX
11.30 **Long Lost Family** A woman's search for the son she gave up against her will. (S)(R)(AD)
12.30 AM **Teleshopping**
3.00 **Ainsley's Fantastic Flavours** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 to **6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **804** **108** **4** **104** **104/106**
- 6.15** AM **Cheers** 1&2/28. (S11) (S)(R)
7.10 **Everybody Loves Raymond** (S)(R)
8.00 **Frasier** 16-19/24. (S3) (S)(R)(AD)
10.00 **Sunday Brunch** **New edition** With Dylan Llewellyn, Cymande, Kim Wilde and Manic Street Preachers.
1.00 PM **The Simpsons** (S)(R)(AD)
2.00 **Four in a Bed** The week kicks off at Railway Hotel Apartments in Nailsworth, Gloucestershire. (S)(R)
2.30 **From Llys Aeron** Guest House in Ceredigion, west Wales. (S)(R)
3.00 A visit to Penrallt Country House Hotel, Pembrokeshire. (S)(R)
3.30 The final visit of the week is to Elm Escapes in Powys. (S)(R)
4.00 The owners meet up. (S)(R)
4.35 **George Clarke's Adventures in Americana** 4/4. George visits New Jersey and Connecticut. (S)(R)(AD)
5.35 **News** (S)



7.45 **The Great Pottery Throw Down**

6.00 **Mysteries of Sink Holes** **Series finale** 3/3. Documentary exploring the history of sinkholes, examining incidents throughout history - from high in the mountains of south west China to hundreds of metres underwater in the Gulf of Mexico. (S)(AD)

7.45 **The Great Pottery Throw Down** **New edition** 5/10. Host Siobhán McSweeney and judges Keith Brymer Jones and Rich Miller challenge the remaining potters to create a set of shop fronts that fill them with warm, happy memories, and set a surprise second task of making an ancient Greek form, a psykter vase. (S)(AD)

9.00 **Celebrity Hunted** **New edition** 5/8. After a close call in Kent, two of the celebs make for the north. Another fugitive celeb heads for Dundee and a media event that's surely too much of a risk. (S)(AD)

- 10.00** **Celebrity Gogglebox** A mix of series favourites and some of Britain's best-loved LGBTQ+ personalities share their views on top TV shows with the nation for a special Pride anniversary edition. (S)(R)(AD)
11.00 **Gogglebox** (S)(R)(AD)
12.05 AM **NEW** **Walter Presents: Fatal Crossing** 1/8. Danish drama with Marie Sando Jondal. Subtitled. (S1) ■ Entire series on C4 online
1.00 **Ramsay's Hotel Hell** (S)(SL)(R)
1.50 **Location, Location, Location** (S)(R)
2.45 **Find It, Fix It, Flog It** (S)(R)
2.50 **The Simpsons** (S)(R)(AD)
4.05 **Frasier** 3-6/24. (S1) (S)(R)(AD)
5.45 to **6.25** AM **Countdown** (S)(R)

+1 hour **204/208** **304** **15** **121**

6 PM

7 PM

8 PM

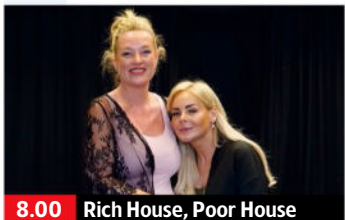
9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.00 Entertainment News (S)
9.10 Escape to the Farm with Kate Humble Triple bill. (S)(R)
12.00 NOON Yorkshire: A Year in the Wild Autumn dawn. (S)(R)(AD)
1.00 PM Yorkshire: Winter in the Wild (S)(R)(AD)
2.00 PM Dan & Helen's Pennine Adventure 3/4. Exploring the Yorkshire Dales. (S)(R)
3.00 4/4. Dan and Helen visit the Pennine Way. (S)(R)
4.00 One Foot in the Grave: Funniest Moments & More A celebration of David Renwick's classic sitcom. (S)(R)
5.30 When Holidays Go Horribly Wrong Tales of package holiday disasters. (S)(R)



8.00 Rich House, Poor House

6.55 News (S)

7.00 Heat Pumps: Are They Really Worth It?

Alexis Conran examines the pros and cons of heat pumps to help consumers choose the best option for their homes. (S)(R)

8.00 Rich House, Poor House

New edition Beauty clinic owner Michelle, who lives in an upmarket suburb of Belfast, swap places with Newtownabbey unemployed single mum Amy. (S)

9.00 NEW Harrods: The Rise & Fall of a British Institution

The history of the famous store and the people behind it, including Robin Harrod, the great-great-grandson of its founder. (S)

10.00 Katie Price: Where Did All the Money Go?

Documentary looking at the finances of the model and author, exploring what it's like to navigate and manage bankruptcy so publicly. (S)(R)

11.00 Most Shocking Celebrity Moments

- 1.00 AM PlayOJO Live Casino Show**
3.05 The Kennedys: A Fatal Ambition Documentary. (S)(R)
3.50 Happy Campers: The Caravan Park (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM The Very Small Creatures** Animated adventures. (S)(R)
6.05 My Little Pony: Friendship is Magic Double bill. (S)(R)
6.55 Where's Wally (S)(R)
7.45 NEW SERIES Dig Detectives (S)
8.00 Monkey Life (S)(R)(AD)
8.30 Sunday Morning with Trevor Phillips Topical discussion. (S)
10.00 The Office (US) (S6&7) (S)(R)
11.30 LIVE Football: WSL Manchester City v Arsenal: Coverage of the Women's Super League match at Joie Stadium. Kick-off is at 12.00.
2.30 PM Sport's Funniest Moments Comical clips. (S)(R)(AD)
3.30 The Simpsons Five episodes of the animation, including at:
5.30 Ae Bonny Romance: Willie gets kidnapped. (S)(R)



9.00 Boyzone: No Matter What

6.00 The Simpsons

Do the Wrong Thing: Homer and Bart become kings of the blue-collar sports circuit. (S)(R)

6.30 LIVE Football: WSL

Tottenham Hotspur v Manchester United: Coverage of the Women's Super League match from Tottenham Hotspur Stadium. Kick-off is at 6.45.

8.45 Steven Frayne Meets Manchester United

The magician performs some of his best tricks at a Manchester United disabled supporters' lunch. (R)

9.00 NEW SERIES Boyzone: No Matter What

1/3. Documentary series about the boy band, featuring rare and exclusive interviews with the members. See feature, page 21. (S)

10.00 Ladies & Gentlemen – 50 Years of SNL Music

Documentary exploring the show's musical history, featuring interviews with some of the most popular musical artists of the modern day. (R)

1.30 AM Brassic 4/6.

A disgruntled woman hires the boys to kill her ex-husband's prized koi carp collection. (S1) (S)(R)(AD)
2.30 The Force: North East Officers are left baffled when a suspected drink driver passes a breathalyser test. (S)(R)
3.30 Road Wars (S)(R)
4.00 to 6.00 AM Nothing to Declare (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **11.40pm** SportsScene: Premiership Highlights (S)(R) **12.40am** The Women's Football Show (S) **1.30** The Graham Norton Show (S)(R) **2.20** Weather for the Week Ahead (S) **2.25-6.00am** BBC News (S)
N. IRELAND
 Sky 966, Virgin 863, Freesat 966
 No variations
WALES
 Sky 965, Virgin 864, Freesat 965
1.50pm FILM The Secret Life of Pets 2 (S)(AD) (2019, U, 80min) ★★★
3.10 Gladiators (S)(R)(AD)
4.10 Blue Planet II (S)(R) (AD) **5.10-5.40** Wynne & Joanna: All at Sea (S)(R) **11.40** Legends of Welsh Sport: Liz Johnson – Swimming Against the Tide (S)(R) **12.10am** The Women's Football Show (S) **1.00** The Graham Norton Show (S)(R) **1.50-6.00am** BBC News (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations
WALES
 Sky 968, Freesat 968
7.00pm Scrum V Top 5s (S)(R) **7.30-8.00pm** Quentin Blake's Box of Treasures (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Yn y Ffram **10.00** Antur y Gorllewin **11.00** Adre: Siân James **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Gwesty Aduniad **1.00pm** Bois y Pizza: Chwê' Gwlad (AD) **1.30** Cymry ar Gynfas **2.00** Y Fets (AD) **2.30** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **3.00** Ffermio **3.30** 6 Gwlad Shane ac Ieuan **4.25** Clwb Rygbi Rhwyngwladol **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol **New edition 8.00** Priodas Pum Mil **New edition 9.00** Ar y Ffin **Series finale** (AD) **10.00** Ty Ffiit **11.00-11.35pm** Pobol y Rhondda

TV&Satellite
 week
Best for Sky and Virgin

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM EastEnders** Stacey and Honey team up to get Martin's stall back.
7.30 Ian tries to persuade Cindy to go to the police.
8.00 Celebrity Race Across the World 1/6. Kelly Brook, Kola Bokinni, Scott Mills and Jeff Brazier compete.
9.00 The Apprentice 1/12. The latest batch of candidates are sent to Austria to sell and run alpine tours.
10.00 The Apprentice: You're Fired 1/11. Tom Allen meets the first fired candidate.
10.30 FILM Kindling Fact-based coming-of-age drama starring George Somner. Upon learning their friend has a terminal illness, a group of mates return home to fulfil his final wishes. (2023, 12, 94min) ★★★
12.00 M'T People Just Do Nothing 5&6/6. (S3)
1.00 AM Smoggie Queens
2.00 Ballers: Ball or Nothing
2.30 Dubai Hustle
3.00 to 4.00 AM Life and Death Row

MORE4

136/137 831 147 18 124

- 8.55 AM A Place in the Sun**
9.30 A Place in the Sun: Home or Away
10.25 A Place in the Sun
2.35 PM Come Dine with Me Five editions of the contest from Nottingham and Derby.
5.15 Four in a Bed The first visit is to the 12th-century Oxenham Arms in Devon.
5.50 A visit the Elegant House B&B in Liverpool.
6.20 The third visit is to the Hidden Valley Yurts in Monmouthshire.
6.50 Four in a Bed The fourth visit is to the Cley Hall Hotel in Spalding, Lincolnshire.
7.25 The owners meet up.
7.55 PopMaster TV Ken Bruce hosts Britain's toughest music quiz, as five more players compete in the third heat.
9.00 999: On the Front Line A driver has collided with another car outside a school, and there is concern that he may be bleeding internally.
10.00 24 Hours in A&E A teenager has a life-threatening bleed on the brain and requires emergency surgery.
11.05 Emergency Helicopter Medics Documentary.
12.10 AM 999: On the Front Line Medical documentary.
1.15 PopMaster TV
2.20 24 Hours in A&E
3.25 to 3.55 AM Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Woolly Mammoth: Secrets from the Ice** Exploring the natural history of the ice age mammals.
8.00 Amazon with Bruce Parry 1/6. The former Royal Marine embarks on a journey from the source of the mighty river high up on Peruvian mountain Nevado Mismi, to its mouth where it meets the Atlantic Ocean.
9.00 NEW Dr. Jekyll and Mr. Hyde: The Read with Reece Shearsmith The *Inside No 9* actor narrates Robert Louis Stevenson's classic gothic novella.
10.05 Ian Rankin Investigates: Dr Jekyll and Mr Hyde The crime writer explores Robert Louis Stevenson's 19th-century tale.
11.00 Inside Classical: The Hound of the Baskervilles
12.20 AM JS Bach: The Classical Collection
1.20 Woolly Mammoth: Secrets from the Ice
2.20 to 3.20 AM Amazon with Bruce Parry
6.00 AM Hollyoaks Omnibus
7.15 Rude(ish) Tube Shorts
7.40 Ramsay's Kitchen Nightmares USA
11.40 Modern Family
1.40 PM FILM Peter Rabbit Comedy adventure featuring the voice of James Corden. (2018, PG, 95min) ★★★
3.30 FILM Home Alone Comedy starring Macaulay Culkin as a young boy left behind when his family go on holiday. (1990, PG, 100min) ★★★
5.35 The Simpsons Triple bill.
7.00 The Simpsons Kill the Alligator and Run: The family accidentally kill an alligator.
7.30 Last Tap Dance in Springfield: Lisa aspires to become a dancer.
8.00 Three Dreams Denied: Bart becomes a voice-over artist. With Paul Rudd.
8.30 The Road to Cincinnati: With the guest voice of Jason Bateman.
9.00 FILM Meet the Parents Comedy starring Robert De Niro and Ben Stiller. A male nurse's efforts to impress his girlfriend's father backfire. (2000, 12, 108min) ★★★

- 11.05 Open House: The Great Sex Experiment**
12.10 AM Gogglebox
1.10 Naked Attraction
3.10 Gogglebox
4.05 Modern Family
4.30 to 6.00 AM Hollyoaks Omnibus

+1 hour 235/236 306 30 123

Sunday

primetime

primetime

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00** AM UK Border Force
7.00 Border Security USA
8.00 Border Security: America's Front Line Double bill.
9.00 Stop, Search, Seize
10.00 Customs UK
11.00 Paramedics Australia
12.00 NOON The Real A&E
1.00 PM Air Ambulance ER
 A team race to the aid of a mother and daughter involved in a motorcycle crash.
2.00 Nothing to Declare Ten editions following the work of customs officers in Australia.

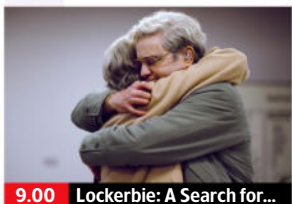


9.00 Law & Order: SVU

Sky Atlantic

108/109 808 342 357

- 6.00** AM The Guest Wing
8.00 Richard E Grant's Hotel Secrets Double bill.
10.10 Big Love 1&2/12. (S1)
12.20 PM The Sopranos
 Five episodes, including at:
3.35 5/21. Johnny Sack attends his daughter's wedding.
4.40 6/21. Gossip is rife about Vito's secret life. (S6)
5.45 Perry Mason 6/8.
 Perry receives important information from Holcomb.
6.50 7/8. Della presses Hamilton for answers. (S2)



9.00 Lockerbie: A Search for...

Sky Max

113/114 813 111 346 351

- 6.00** AM MacGyver 2-6/15. (S5)
11.00 S.W.A.T. Five episodes of the crime drama, including at:
2.00 PM 15/22. Hospital staff are targeted by a gunman.
3.00 16/22. Hondo is forced to go on the run while the team work to clear his name. (S5)
4.00 Grimm 13/22. Three coins have an unsettling effect on whoever possesses them.
5.00 14/22. Nick searches for a fire-breathing monster.
6.00 15/22. Nick investigates a murder at a spice shop. (S1)



8.00 Freddie Fries Again

ITV2

118 816 115 6 113

- 6.00** AM CITV
9.00 Totally Bonkers
 Guinness World Records
9.40 Secret Crush
11.40 Dinner Date Double bill.
1.50 PM Deal or No Deal
 Celebrity Special
2.50 Celebrity Catchphrase
3.50 The Masked Singer
5.20 FILM Kung Fu Panda 2
 Animated comedy adventure sequel featuring the voice of Jack Black. The roly-poly panda delves into his past. (2011, PG, 90min) ★★★★★



5.20 Kung Fu Panda 2

ITV3

119 117 10 115

- 6.00** AM Inspector Morse
10.35 FILM Bless This House
 Comedy spin-off with Sidney James. (1972, U, 89min) ★★
12.35 PM Doc Martin 4/9. (S2)
1.35 Agatha Christie's Poirot
2.40 Endeavour Overture: Prequel to Inspector Morse starring Shaun Evans as a younger version of the detective.
4.50 Mr Bean 1&2/14. (S1)
5.55 The Darling Buds of May 5/6. Pop stands for election to the local council, and Mariette returns with Charley. (S3)



9.00 Rosemary & Thyme

7.00 Nothing to Declare
 Double bill of the documentary following the work of customs officers in Australia.

8.00 Nothing to Declare
 Double bill of the series accessing the world of national security at Australia's biggest airports.

9.00 Law & Order: Special Victims Unit
 And a Trauma in a Pear Tree: 9/22. Carisi and Rollins join forces. (S24)

10.00 FBI: International
 Unburdened: 1/22. The Fly Team investigate the murder of an American detective in Paris. (S2)

11.00 The Cleaning Lady 2/10.
 Thony turns to the syndicate to get medical help for her son after he falls ill. (S1)

12.00 M/T Elsbeth 4/10. (S1)
1.00 AM For Life 8/13. (S1)
2.00 to 6.00 AM
 Nothing to Declare

+1 hour 207 310

7.55 Perry Mason 8/8. As their final day in court nears, Mateo and Rafael prepare for the worst, while Perry faces the consequences of his pursuit of justice. (S2)

9.00 Lockerbie: A Search for Truth 5/5. Jim is left at a loss and wonders if he will ever know the truth. Stars Colin Firth. (S1)

10.05 The Wire Reformation: 10/12. Colvin tells Burrell about the free zones, and Avon refuses to accept Stringer's advice. (S3)

11.10 Succession 7&8/10. (S1)
1.20 AM The Time Traveler's Wife 5/6. Henry has a chance to meet Clare's family. (S1)

2.25 Gomorrah 6/12. (S4)
3.30 In Treatment (S1)
4.00 Fish Town
5.00 to 6.00 AM Urban Secrets

+1 hour 208/209

7.00 Grimm The Thing with Feathers: 16/22. Nick takes Juliette for a weekend in the country, planning to propose. (S1)

8.00 Freddie Fries Again 2/6.
 Andrew and Rob head to Newmarket, where they spend a disturbing night in a church.

9.00 A League of Their Own
 Romesh Ranganathan hosts the comedy quiz, with Andy Murray, Keely Hodgkinson and Alan Carr.

10.00 Rob Beckett's Smart TV
 With Anna Maxwell-Martin, Cush Jumbo and Romesh Ranganathan.

10.55 The Walking Dead: The Ones Who Live What We: 4/6. Michonne informs Rick about their son. (S1)

12.00 M/T The Force: North East
 Police hunt for a wanted man.
1.00 AM Brassic 4/6. (S1)
2.00 The Force: North East
3.00 Road Wars
4.00 to 6.00 AM Air Ambulance ER

7.05 FILM Legally Blonde
 Comedy starring Reese Witherspoon as a ditzy blonde who enrolls at Harvard Law School and proves she is anything but dumb. With Luke Wilson and Selma Blair. (2001, 12, 96min) ★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island: All Stars
 New edition The fourth week is underway and the legends are going all out in South Africa's sunshine.

10.05 NEW SERIES Olivia
 Attwood: Getting Filthy Rich Olivia meets women using the acronyms MILFs and GILFs.

11.05 Family Guy 17/20. Lois is blocked from a rental app. 11.35 9/20. Peter and Chris attempt to reconnect. (S21)

12.05 AM American Dad! (S1&17)
1.05 The Emily Attack Show
1.50 The Stand Up Sketch Show
2.20 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

6.55 The Darling Buds of May 6/6. Part two of two. Pop and Ma become the target of a dirty tricks campaign. (S3)

8.00 Doc Martin Always on My Mind: 5/9. Pauline is overjoyed when she is given the chance to join the lifeboat crew. (S2)

9.00 Rosemary & Thyme
 A Simple Plot: Laura and Rosemary investigate the mysterious death of a blind professor.

10.05 Vera Sandancers: The detective investigates a suspicious death in an army barracks that was designed to look like suicide, and uncovers an event nobody talks about.

12.00 M/T Lewis Entry Wounds - Part One: The detective comes out of retirement to help Inspector Hathaway and DS Maddox look into a murder.
2.00 to 2.30 AM Mr Bean

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
 REST OF UK 180 162 110

- 12.00** NOON This Is BBC Scotland
7.00 PM Reporting Scotland
7.15 SportsScene: Premiership Highlights
 The latest top-flight action, featuring Motherwell v Celtic and Rangers v Ross County.
8.15 Our Lives: Highland Road Rescue A portrait of a family-run roadside recovery business in the Highlands.
8.45 Rewind 2000s A look back at the news, music and TV of 2005.
9.00 Paramedics on Scene
 A crew race to the scene of a bomb threat.
10.00 Still Game 5/6. Jack and Victor decide to become dogsitters. (S7)
10.30 Best of Chewin' the Fat Highlights show.
11.00 The Sunday Show
11.30 PM to 12.00 M/T
 The Trials That Shocked Scotland

Sky Comedy

114/115 814 112 347 362

- 8.00** AM The Conners
9.50 Silicon Valley (S4&5)
12.45 PM Entourage (S6)
3.30 Ballers (S4&5)
6.30 The Office (US) 2/26.
 Michael is forced to take counselling sessions.
7.00 3/26. Andy plans to impress Erin by starring in a play.
7.30 4/26. Andy tries to organise a seminar.
8.00 5/26. Michael, Jim and Dwight spy on a rival.
8.30 6/26. The staff hold a Halloween costume contest. (S7)
9.00 And Just Like That... February 14th: 7/11.
 Miranda explores the possibilities of dating.
9.55 A Hundred Years Ago: 8/11. Charlotte gets ready to go back to work full-time. (S2)
10.50 Ladies & Gentlemen: 50 Years of SNL Music
2.20 AM Entourage (S5)
3.40 to 5.00 AM Black Monday

Sky Arts

130/131 826 123 36 143 365

- 6.00** AM Titanic: The Musical
8.20 Tales of the Unexpected
11.00 Alfred Hitchcock Hour
1.00 PM Landscape Artist of the Year
2.00 Wuthering Heights: Love, Hate & Vengeance
3.20 FILM Ten Little Indians
 Mystery with Oliver Reed. (1974, PG, 98min) ★
5.10 I Am Johnny Cash
7.00 Discovering: Peter Sellers
8.00 FILM The Pink Panther
 Comedy caper starring Peter Sellers. (1963, PG, 113min) ★★★★★
10.15 Spike Milligan: The Unseen Archive
11.50 FILM Lust for a Vampire Hammer
 horror with Ralph Bates. (1970, 18, 95min) ★★
1.40 AM Rory Gallagher: Ghost Blues
3.10 Berlin Live: Eric Burdon & the Animals
 Classic Albums
4.30 to 6.00 AM
 Discovering: Janis Joplin

Sky Mix

151 135 11 141

- 6.00** AM Border Patrol
8.00 Madagascar: A Little Wild Animation.
8.25 Alvin!!! and the Chipmunks Double bill.
8.50 Pooch Moch
9.00 Monkey Life
11.30 Highway Cops
12.00 NOON Stop, Search, Seize Documentary.
1.00 PM Road Wars
3.00 Nothing to Declare
5.00 Highway Cops
6.00 Road Wars Double bill.
8.00 Nothing to Declare
9.00 Britain's Most Evil Killers The story of Philip Austin, who killed his wife and two children.
10.00 Twisted killer Jason Marshall, who tortured and murdered a man in his home.
11.00 Snapped
12.00 M/T Caught on Dashcam
1.00 AM Brit Cops: Rapid Response Documentary.
2.00 Motorway Patrol
4.00 to 6.00 AM Border Patrol

ITV Be

131/132 119 28 119

- 7.30** AM Unwind
7.45 Be Beautiful
8.00 Backyard Builds
 Series finale Brian and Sarah build an outdoor film theatre.
8.25 The Real Housewives of Jersey Reality series.
9.30 Giovanna Fletcher: Made in Italy
10.30 Scott's Vacation House Rules Double bill.
12.25 PM The Real Housewives of New Jersey Five editions.
4.55 Gary Barlow's Wine Tour: South Africa
6.00 Dermot O'Leary's Taste of Ireland
7.00 Celebrity Dinner Date
8.00 Fletchers' Family Farm
9.00 Botched A patient whose surgeon poked a hole through her nose.
10.00 Botched Double bill.
11.55 Dr. 90210
12.50 AM Backyard Builds
1.15 to 1.30 AM Unwind
 +1 hour 319

GREAT! tv

157 170 50

- 8.00** AM Highway to Heaven
11.00 Murder, She Wrote
1.00 PM Murder, She Wrote
 Eight episodes of the drama, including at:
6.00 Murder in Milan: Jessica investigates the death of a film producer.
7.00 Family Secrets: Jessica investigates a 30-year-old scandal.
8.00 The Mole: Jessica is kidnapped at an airport.
9.00 Garage Sale Mystery
 Crime drama based on Suzi Weinert's novel, starring Lori Loughlin.
10.55 Garage Sale Mysteries: Pandora Box Murders
 Crime drama starring Lori Loughlin, Sarah Strange and Steve Bacic.
12.50 AM The New Avengers
3.00 Randall and Hopkirk (Deceased) 3/26. (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra
 +1 hour 257

ITV4

120 118 26 117

- 6.00 AM Motorsport Mundial
6.30 Auto Mundial
7.00 The Best of Saint & Greavise
8.00 World Rally Championship Highlights Rally Monte-Carlo.
9.00 EFL Highlights
10.30 Cadfael 3/3. (S2)
12.05 PM River Monsters
12.35 Nijinsky's Triple Crown
12.45 **LIVE** Darts: The Masters
The afternoon session on day four staged at Marshall Arena, featuring the quarter-finals.
5.00 Junk and Disorderly
6.00 Made in Britain



7.00 Darts: The Masters

- 7.00 **LIVE** Darts: The Masters
Jacqui Oatley presents coverage of the evening session on day four from Marshall Arena in Milton Keynes, featuring the semi-finals and final. Featuring analysis from Chris Mason, Alan Warriner-Little and Mark Webster, and commentary and interviews by Ned Boulting, Stuart Pyke and John Rawling.

- 11.00 English Football League Highlights Featuring Derby County v Sheffield United and Portsmouth v Burnley.
12.30 AM The Big Match Revisited
1.20 Giant Lobster Hunters
2.15 Auto Mundial
2.40 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 Star Trek: Deep Space Nine
Five episodes. (S5&6)
4.00 PM Stargate SG-1 9/20.
Teal'c desperately attempts to find a way to rescue Ishta after she is captured while attending a Hathkyl meeting.
5.00 10/20. The team embark on a recovery mission after the Stargate is stolen.
6.00 11/20. A duplicate of Colonel Carter approaches Stargate Command. (S8)



9.00 Grimm

- 7.00 Stargate SG-1 Prometheus Unbound: 12/20. The Prometheus is stolen while responding to a distress call.

- 8.00 Stargate SG-1 It's Good to Be King: 13/20. The team are called into action when the Goa'uld try to enslave a planet. (S8)

- 9.00 Grimm The Thing with Feathers: 16/22. Nick takes Juliette away for a weekend in the country, planning to propose.

- 10.00 Grimm Love Sick: 17/22. Nick is shocked to find Hank is dating Adalind, a monster he previously encountered. (S1)

- 11.00 Grimm 18/22. Nick and Hank are on the trail of a murderer.
12.00 M/T 19/22. A creature is found drowned in wet cement.
1.00 AM 20/22. A case has similarities to Cinderella. (S1)

- 2.00 **FILM** Domsday Device 2020
Sci-fi thriller starring Corin Nemec. (2017, PG, 90min) ★★
4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S8)
10.00 Inspector George Gently
12.00 NOON Father Brown
4.00 PM Shakespeare & Hathaway: Private Investigators 5/10.
A simple missing person's case takes a dramatic turn.
5.00 6/10. Frank and Lu look into a fire at a salon, with the owner convinced that an old friend is behind the blaze. (S3)
6.00 Beyond Paradise 4/6.
A man is found dead in the middle of a crop circle. (S1)



9.00 Death in Paradise

- 7.00 Hudson & Rex Roses of Signal Hill: 13/16.
Rex's starring role in a television commercial is interrupted by a murder.

- 8.00 Hudson & Rex Roll the Bones: 14/16. The owner of a construction company is found dead. (S4)

- 9.00 Death in Paradise A Deadly Party: 8/8. The host of a charity fundraiser is shot dead. Guest stars Sean Pertwee. (S2)

- 10.00 Far North 4/6. Ed and Heather collect evidence of the gang's suspicious activity. (S1)

- 11.00 Annika 2/6. The MHU are sent to Edinburgh to investigate the death of a recently released prisoner. (S2)
12.00 M/T My Life Is Murder (S1)
1.00 AM Miss Scarlet and the Duke
2.00 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.00 AM Only Fools and Horses
1.20 PM Only Fools and Horses
Christmas special from 2001. The Trotter brothers jet off to Monte Carlo five years after becoming millionaires.
2.55 Christmas special from 2003. The Trotters are in desperate need of money.
4.30 Rodney joins the residents' committee.
5.10 Rodney goes it alone.
5.50 Del Boy plans a spot of salmon-poaching.
6.30 Del Boy falls for a glamorous antiques dealer.



9.10 Mrs Brown's Boys

- 7.10 Only Fools and Horses
Rodney unwittingly causes a family crisis.
7.50 Rodney tries to help a drunken woman on the street, but his good deed backfires.

- 8.30 Dad's Army Mainwaring finds a German pilot trapped on the town clock by his parachute.

- 9.10 Mrs Brown's Boys Agnes tries to solve Dermot's relationship problems.

- 9.50 Billy Connolly Does...
The comedian looks at how attitudes towards drinking have changed.

- 10.50 The Fast Show Unlucky Alf suffers an accident.
11.25 The Fast Show A brother and sister discuss the joys of living on the Isle of Man.
12.05 AM Inside No 9 A woman gets mixed up in an unforgettable online date. Guest stars Claire Rushbrook.
12.45 to 4.00 AM Inside No 9

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM Gassed Up
8.00 Storage Hunters UK
8.30 Guy Martin: World's Fastest Tractor
Guy tries to become the first person to drive a tractor at more than 100mph.
10.00 Guy Martin: Proper Jobs
11.00 Top Gear Double bill.
1.00 PM American Pickers
3.00 Gino's Italian Coastal Escape
5.00 Motorhoming with Merton & Webster The Peak District.
6.00 Cornwall with Simon Reeve
A look at the environmental challenges facing the county.



8.00 Guy Martin: Proper Jobs

- 7.00 Special Ops: To Catch a Criminal New edition
Counter Terrorism Policing foil a terror plot.
Entire series on U

- 8.00 Guy Martin: Proper Jobs New edition
Guy gets to grips with nature as a wildlife warden.
Entire series on U

- 9.00 Have I Got a Bit More News for You Martin Clunes hosts the satirical quiz, with guests Lyse Doucet and Chloe Petts.

- 10.00 QI XL With Jo Brand, Bill Bailey and Greg Davies.
10.40 Mock the Week With James Acaster, Angela Barnes and Zoe Lyons.

- 11.20 Mock the Week
12.00 M/T Red Dwarf Triple bill.
2.00 AM Jamali Maddix: Follow the Leader Documentary.
3.00 Two Pints of Lager and a Packet of Crisps
3.30 to 4.00 AM Meet the Richardsons

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
2.00 PM Location, Location, Location From Glasgow.
3.00 A Place in the Sun
7.00 Grand Designs The show's longest ever build.
8.00 **FILM** Top Gun: Maverick Aerial action drama starring Tom Cruise and Jennifer Connelly. Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must confront his past as he trains a group of younger pilots for a deadly mission. (2022, 12, 130min) ★★★★★
10.35 **FILM** I, Robot Sci-fi thriller starring Will Smith. (2004, 12, 115min) ★★★★★
12.45 AM 8 Out of 10 Cats Does Countdown
1.50 Celebrity Hunted
2.50 The Great Pottery Throw Down
4.05 to 5.00 AM The Dog House

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM Entertainment News
9.10 Blue Bloods (S5)
1.05 PM NCIS Eight episodes of the series, including at:
6.00 In the Dark: 22/24. A blind man unwittingly photographs evidence of a murder.
7.00 Trojan Horse: 23/24. A man is found dead in a taxi.
8.00 Angel of Death: 24/24. Tony and Jeanne are held hostage. (S4)
9.00 The Stories We Leave Behind: 2/10. The agents work on one of Ducky's cases. (S21)
10.00 Law & Order: Special Victims Unit Theatre Tricks: 11/23. An actor is raped during a theatre production. (S13)
11.00 Law & Order: Special Victims Unit (S13, 3&12)
1.50 AM Criminal Minds
2.50 New York Undercover
3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM Car Pound Cops
1.00 PM Traffic Cops
5.00 Police Interceptors
A car thief in Wakefield rams his way out of a petrol station.
6.00 In Bradford, a VW Golf is spotted doing 90mph in a 30 zone.
7.00 Jaffa spots a car speeding through town without its lights on.
8.00 Officers pursue a gang that raided a Co-op in Hebden Bridge.
9.00 Police: Suspect No 1
An altercation leads to a man critically injured and fighting for his life.
10.00 Accused New episode
Moriah: A father discovers his teenage son may be planning an unimaginable crime. (S1)
11.00 Murdered for Revenge
12.00 M/T Dexter (S1)
2.20 to 4.00 AM Accused
New episodes

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Entertainment News
9.15 Trucking Hell
3.15 **FILM** Chief Crazy
Horse Western drama starring Victor Mature. (1955, PG, 88min) ★★
5.05 **FILM** Day of the Evil Gun Western with Glenn Ford and Arthur Kennedy. (1968, PG, 93min) ★★
7.05 **FILM** Hondo Western starring John Wayne as a cavalry scout determined to rescue a woman and her son. (1953, PG, 84min) ★★★★★
9.00 **FILM** Wyatt Earp Epic Western biopic of the famous frontier lawman, starring Kevin Costner and Dennis Quaid. (1994, 12, 190min) ★★
12.45 AM **FILM** Blood of Redemption Action adventure with Billy Zane and Dolph Lundgren. (2013, 15, 81min) ★★
2.35 Trucking Hell
3.35 to 4.00 AM Car Pound Cops

U&W

132/133 827 125 25 156

- 6.10 AM Tipping Point
10.00 My Family
2.00 PM Outnumbered
6.00 Pete Wicks: For Dogs' Sake
Pete works with Basilidon's Dogs Trust rehoming centre.
7.00 Pete meets a puppy who needs urgent treatment for a badly broken leg.
8.00 Pete travels to Northern Ireland to pick up three stray dogs.
9.00 Nurses on the Ward
Caroline treats a COVID-19 patient who has been in a coma for several weeks.
10.00 Matron Hazera is called to save a person standing on the edge of a building.
11.00 The Good Fight
1.10 AM Celebrity MasterChef Australia
2.10 to 3.00 AM One Born: What Happened Next?

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM The Bill
12.00 NOON Lark Rise to Candleford Double bill.
2.40 PM Catherine Cookson's Colour Blind
Feature-length drama starring Niamh Cusack.
6.00 Home Fires 5/6.
Frances takes in an evacuee from Liverpool.
7.00 6/6. Alison looks for a way out of her desperate situation. (S1)
8.00 Sister Boniface
Mysteries Sister Town: 9/10. Tragedy strikes when a German mayor visits Great Slaughter to partake in a war memorial ceremony. (S1)
9.00 Silent Witness Lift Up Your Hearts: A head teacher confronts the dealers preying on his community.
11.15 Signora Volpe
1.15 AM Hope Street
2.25 to 4.00 AM The Brokenwood Mysteries

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes by the Sea** From Brighton.
- 7.00 **Teleshopping**
- 8.00 **Fantasy Homes by the Sea** Double bill.
- 10.00 **Dr Pimple Popper**
- 11.00 **The Bad Skin Clinic**
- 1.00 PM **Helicopter ER**
- 3.00 **A Place in the Sun**
- 8.00 **Fantasy Homes by the Sea** A couple look to move from London to the north Cornwall coast on a £750,000 budget.
- 9.00 **Dr Pimple Popper** Drag queen Corey has a bump dangling from his backside.
- 10.00 Terry's nose growth has prevented him from meeting his grandchildren.
- 11.00 Roger has huge growths on his nose.
- 12.00 **MT Help! My House Is Haunted** Double bill.
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Fantasy Homes by the Sea**

DMAX

159 169 39 147

- 6.00 AM **Alaskan Bush People** Four editions.
- 10.00 **Junkyard Empire**
- 2.00 PM **Wheeler Dealers**
- 7.00 **Expedition Bigfoot** The team head to Washington state.
- 8.00 A hypnotist unlocks the memories of a potential witness.
- 9.00 **Alien Abduction: Travis Walton** New evidence reveals the true story behind *Fire in the Sky*.
- 11.00 **Expedition X** Phil and Jess investigate sightings of a huge serpent in Lake Champlain.
- 12.00 **MT Phil and Jessica** look into Bigfoot's origin story.
- 1.00 AM Josh Gates sends his team to New Mexico to investigate the Socorro Landing Incident.
- 2.00 **Teleshopping**
- 5.00 to 6.00 AM **Baggage Battles**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **My Lottery Dream Home** Six editions.
- 10.00 **Escape to the Country**
- 1.00 PM **Escape to the Country** Jules Hudson helps a couple looking to return to Devon.
- 2.00 A couple plan to relocate to rural Gloucestershire.
- 3.00 A couple moving from France to Devon.
- 4.00 A couple look for a property in Wiltshire.
- 5.00 A couple plan to relocate to Cornwall.
- 6.00 A couple seek a new home and business in Devon.
- 7.00 Jules Hudson is in north Wales to help a couple find their first home together.
- 8.00 **A Place in the Sun** Five editions of the property series.
- 1.00 to 4.00 AM **Bargain Mansions**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **Scrapheap Challenge** Triple bill.
- 10.00 **The Crystal Maze**
- 11.00 **Play Your Cards Right**
- 12.00 NOON **Dickinson's Real Deal** From Gloucester.
- 1.00 PM **Lily Savage's Blankety Blank**
- 3.00 **Through the Keyhole**
- 4.00 **Cash Trapped**
- 5.00 **The Chase Celebrity Special** With Bill Oddie, Russell Watson, Denise Welch and Rita Simons.
- 6.00 With Nicholas Owen, Laila Rouass, Tim Vine and Vanessa Feltz.
- 7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
- 9.00 **The Family Chase** The Grimbleby family from Grimsby compete in the quiz show.
- 10.00 **The Chase** Six editions of the quiz show.
- 4.00 AM **The Chase Celebrity Special**
- 5.00 to 6.00 AM **The Chase**

Food Network

140/141 190 43 148

- 6.00 AM **Man v Food**
- 6.30 **Man v Food with Casey Webb** Four editions.
- 8.30 **Man v Food**
- 10.00 **Man v Food with Casey Webb** Double bill.
- 11.00 **James Martin's French Adventure**
- 2.00 PM **James Martin's Islands to Highlands**
- 3.00 **Great British Bake Off**
- 9.00 **Adam Richman Eats Football** Adam is in Manchester to watch the Red Devils play.
- 9.30 **Adam Richman Eats Britain** From Cheddar.
- 10.00 **Paul Goes to Hollywood** Paul visits a Moroccan eatery part-owned by Ryan Gosling.
- 11.00 The baker runs in the footsteps of *Forrest Gump* in the Deep South.
- 12.00 **MT In New Mexico**, Paul explores the dishes of the Wild West
- 1.00 to 3.00 AM **Cake Boss**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Curvy Brides Boutique** Reality series.
- 8.00 **Say Yes to the Dress**
- 10.00 **Outdaughters: Busby Quints** Double bill.
- 12.00 NOON **Extreme Couponing** Double bill.
- 1.00 PM **My 600lb Life**
- 5.00 **1000-lb Sisters**
- 6.00 **Sister Wives**
- 7.00 **Good Bones**
- 8.00 **The Bad Skin Clinic**
- 9.00 **Baylen Out Loud** Following Baylen Dupree, a young woman with Tourette's syndrome.
- 10.00 **Outdaughters FAQ Special** The quints must interview other members of their family.
- 11.00 **Sex Sent Me to the ER**
- 12.00 **MT Monsters Inside Me**
- 1.00 AM **Strange Love**
- 2.00 **Dr Pimple Popper**
- 4.00 **The Bad Skin Clinic**
- 5.00 to 6.00 AM **Curvy Brides Boutique**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM **Battle Honours**
- 9.10 **Total War** Documentary.
- 10.30 **FILM The Professionals** Adventure. (1966, PG, 117min) ★★★★★
- 1.00 PM **Wanted: Dead or Alive** Western drama.
- 1.30 **FILM Three Violent People** Western. (1956, PG, 96min) ★★
- 3.45 **FILM The Unforgiven** Western drama. (1960, PG, 125min) ★★★★★
- 6.25 **FILM Gunfight at the OK Corral** Western with Burt Lancaster. (1956, PG, 122min) ★★★★★
- 9.00 **FILM Ride Clear of Diablo** Western starring Audie Murphy. (1954, U, 80min) ★★
- 10.55 **FILM Blowback** Thriller. (2022, 15, 93min) ★★
- 1.00 AM **FILM Turbulence** Thriller with Dina Meyer. (2016, 15, 90min) ★★
- 3.00 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 7.00 AM **The Twilight Zone**
- 8.00 **FILM Jurassic Hunters** Thriller with Rib Hillis. (2015, PG, 89min) ★★
- 10.00 **Six Million Dollar Man**
- 3.00 PM **FILM The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
- 4.45 **FILM The 7 Adventures of Sinbad** Fantasy. (2010, PG, 90min) ★★
- 6.35 **FILM The Legend of Hercules** Adventure. (2014, 12, 97min) ★★
- 8.30 **The Twilight Zone** (S3)
- 9.00 **FILM The Devil's Own** Thriller starring Harrison Ford and Brad Pitt. (1997, 15, 111min) ★★
- 10.55 **FILM The Escapist** Drama with Brian Cox. (2007, 15, 102min) ★★
- 12.50 AM **FILM Sniper: Special Ops** Thriller. (2016, 15, 82min) ★★
- 2.50 to 5.00 AM **FILM Never Let Go** Crime thriller. (2015, 15, 90min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Impractical Jokers**
- 9.00 **Friends** (S1)
- 1.00 PM **Friends** (S1&2)
- 7.20 **FILM Bean** Comedy spin-off starring Rowan Atkinson. Mr Bean creates havoc when he accompanies a valuable painting to America. With Peter MacNicol. (1997, PG, 90min) ★★★★★
- 9.00 **FILM As Good As It Gets** Comedy starring Jack Nicholson, Helen Hunt and Greg Kinnear. A misanthropic and neurotic novelist gradually rediscovers his humanity through his encounters with a painter and a single mother. (1997, 15, 138min) ★★★★★
- 11.40 **Comedy Central Live**
- 12.40 AM **Impractical Jokers**
- 1.40 **Beavis and Butt-Head**
- 2.30 **Whose Line Is It Anyway?** USA
- 4.15 to 5.00 AM **Guessable?**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM Deadly Vengeance** Thriller. (2019, PG, 87min) ★★
- 10.50 **FILM Secrets in the Snow** Crime thriller. (2020, PG, 90min) ★
- 12.45 PM **FILM Seabiscuit** Period drama. (2003, PG, 140min) ★★★★★
- 3.40 **FILM Hercules** Mythological adventure. (2014, 12, 98min) ★★★★★
- 5.55 **FILM Exodus: Gods and Kings** Biblical drama. (2014, 12, 147min) ★★★★★
- 9.00 **FILM Mile 22** Thriller starring Mark Wahlberg. (2018, 18, 94min) ★★
- 11.05 **FILM Brothers in Arms** Thriller with Jai Courtney. (2018, 15, 99min) ★★
- 1.15 AM **FILM The Winter Soldier** Sci-fi adventure. (2016, 15, 101min) ★★
- 3.30 **Air Rescue**
- 4.00 to 6.00 AM **FILM Watching Over You** Thriller. (2018, PG) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
- 8.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
- 10.00 **FILM Eagle's Wing** Western drama. (1978, PG, 111min) ★★★★★
- 12.00 NOON **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
- 2.00 PM **FILM Battle Star Wars** Sci-fi drama starring Alyson Gorske. (2020, 12, 86min) ★
- 4.00 **Star Trek 18-22/30** (S1)
- 9.00 **FILM Beware My Brethren** Thriller with Tony Beckley, Ann Todd and Suzanna Leigh. (1972, 15, 98min) ★★
- 10.55 **FILM Death Line** Horror with Donald Pleasence. (1972, 18, 82min) ★★★★★
- 12.55 to 3.00 AM **FILM Nomads** Horror. (1986, 15, 89min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Criminally Funny**
- 5.00 PM **Whose Line Is It Anyway?** USA
- 8.00 **Friends** 16/24. Phoebe's twin sister Ursula visits.
- 8.30 17/24. Rachel and Monica fall out. (S1)
- 9.00 1/24. Rachel struggles to deal with Ross's new relationship.
- 9.30 4/24. Phoebe reveals she is married.
- 10.00 5/24. Ross celebrates his birthday.
- 10.30 7/24. Rachel confesses all to Ross.
- 11.00 8/24. Ross draws up a list of Rachel's good and bad points.
- 11.30 9/24. Phoebe finally learns the truth about her father. (S2)
- 12.00 **MT Friends** (S2)
- 2.00 AM **Last Man Standing**
- 3.00 **The Daily Show**
- 4.55 **Beavis and Butt-Head**
- 5.15 to 6.00 AM **Digman!**

GREAT! romance

319 424 52

- 8.10 AM **FILM Two for the Win** Romantic drama. (2021, PG, 85min) ★★
- 10.05 **FILM Love on the Rise** Drama. (2020, U) ★★
- 12.00 NOON **FILM Taking the Reins** Romantic comedy. (2021, PG, 84min) ★★
- 2.00 PM **FILM Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
- 4.00 **FILM Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
- 6.00 **FILM Key to Love** Drama. (2023, U, 90min) ★★
- 8.00 **FILM A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
- 9.55 **FILM Love, Take Two** Romantic drama. (2019, PG, 85min) ★★
- 11.50 **FILM Love in Store** Comedy. (2020, PG) ★★
- 1.55 AM **Highway to Heaven**
- 2.55 to 5.00 AM **FILM Love is on the Air** Drama. (2021, PG, 90min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Hardcore Pawn**
- 8.00 **Auction Hunters: Pawn Shop Edition**
- 9.30 **Auction Hunters**
- 10.00 **Alien Files: Unsealed**
- 11.00 **In Search of Aliens**
- 12.00 NOON **UFOs: The Lost Evidence**
- 1.00 PM **UFOs Declassified**
- 7.00 **Secrets of Great British Castles** Examining the history of Leeds Castle, Kent.
- 8.00 **The Curse of Oak Island** An exciting find is made in the swamp.
- 9.00 **Secrets of the Lost Liners** *Costa Concordia*.
- 10.00 **Viking Dead** The conflict between the English and the Vikings.
- 11.00 **Traitors** Documentary.
- 12.05 AM **History's Greatest Mysteries** America's most notorious house.
- 1.05 **Breaking Mysterious**
- 2.00 **National Park Mysteries**
- 3.00 to 6.00 AM **Flipping Bangers**

Sky Replay

152 156

- 7.00 AM **The Real A&E**
- 10.00 **Four Weddings**
- 12.00 NOON **Nothing to Declare** Four editions.
- 2.00 PM **MacGyver** (S2)
- 7.00 **Manifest Tailspin:** 4/13. Ben and Saanvi join forces with Vance.
- 8.00 **Water Landing:** 5/13. Michaela's premonition leads her to pursue a fugitive.
- 9.00 **Graveyard Spiral:** 6/13. Ben races to save his family as Mick and Zeke collide with Jace.
- 10.00 **Precious Cargo:** 7/13. Saanvi makes a scientific breakthrough.
- 11.00 **Destination Unknown:** 8/13. Saanvi grapples with a discovery at Eureka. (S3)
- 12.00 **MT The Russell Howard Hour**
- 1.00 AM **A League of Their Own** Double bill.
- 3.00 to 6.00 AM **Four Weddings**

Rewind TV

182 95

- 6.00 AM **Flash Gordon: Space Soldiers**
- 7.40 **Roobarb**
- 7.45 **Auto Rewind**
- 8.00 **I Dream of Jeannie**
- 9.30 **Watching 4-8/11** (S5)
- 12.00 NOON **Department S**
- 3.00 PM **Married... with Children** 2-4/13. (S1)
- 4.30 **Bust 4/6** (S1)
- 5.30 **I Dream of Jeannie** (S1)
- 7.00 **The Charmer** *Gorse the Imposter:* 5/6. Gorse deserts from the army.
- 8.00 **Gorse at the End:** 6/6. Clarice promises to help Gorse flee the country, but Alison Warren corners him before he can leave. (S1)
- 9.00 **Police Woman** *The Company:* 19/22. Pepper ferrets around in the underworld. (S1)
- 10.00 **Department S** (S2)
- 1.00 AM **Stereo Underground**
- 2.00 **Bubblegum & Cheese**
- 3.00 **The Charmer** (S1)
- 5.00 to 6.00 AM **Hancock**

5SELECT

153 138 46 133

- 9.00 AM **Eggheads**
- 9.25 **Supermarket Prices: Are We Being Ripped Off?** Documentary.
- 10.25 **Sell by Dates: The Surprising Truth**
- 11.25 **Columbo** Four episodes.
- 7.30 PM **Columbo** *Publish or Perish:* The sleuth tries to prove that a publisher hired a hitman to kill an author threatening to sign with a rival company.
- 9.00 **The Titan Sub Disaster: Minute by Minute** 1/2. Examining the *Titan* submersible disaster of June 2023.
- 10.00 2/2. The fate of the passengers on board the *Titan* submersible is revealed.
- 11.00 **Tony Robinson's History of Britain**
- 12.00 **MT World War I in Colour** Double bill.
- 2.00 AM **Nazi Megastructures**
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **Daria** 10/14. (S5)
- 6.25 **16 and Pregnant**
- 7.15 **Teen Mom: The Next Chapter** Double bill.
- 9.00 **Dallas Cowboys Cheerleaders**
- 1.00 PM **Catfish: Wannabees**
- 2.00 **Catfish: The TV Show**
- 8.00 **Catfish: Catch of the Day** Brittany hopes to find out whether her web-based boyfriend really is a US Marine.
- 9.00 **Help! I'm in a Secret Relationship!** Bryan is worried about his relationship with Elene.
- 10.00 **Geordie Shore** Marnie and Sophie thrash out their problems.
- 11.00 **Jersey Shore Family Vacation** The gang settle in for a summer stay at the Shore.
- 12.00 **MT The Challenge: Battle of the Eras**
- 1.30 AM **Ridiculousness**
- 2.00 **Catfish: The TV Show**
- 3.35 to 4.00 AM **Teen Cries**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00 AM Wheeler Dealers** World Tour Six editions.
- 12.00 NOON Alaska: Homestead Rescue** Triple bill, including at:
2.00 PM Rookie homesteaders may not survive their first Arizona desert winter.
4.00 AM A family homestead in Texas requires a total makeover by the Raneyes.
- 6.00 Border Control: Europe** In Rome, a passenger is carrying drugs in sauce packets.
6.30 In Barcelona, customs officers clear out a van loaded with disassembled cars.



7.00 Alaska: Homestead Rescue

- 7.00 Alaska: Homestead Rescue** **New edition** A Florida homestead is devastated by flooding and alligators. The Raneyes find inventive ways to protect the homestead and bring in food sources.

- 9.00 Marooned with Ed Stafford** The survivalist tests ancient Mayan hunting techniques in the Guatemalan jungle.

- 10.00 Custom Carolina** Tommy and the crew find a partially restored 1960 Chevy C10 pick-up that has been abandoned.

- 11.00 Texas Metal** The team's skills are put to the test on a build.

- 12.00 M'T Naked and Afraid: Castaways** A discussion about fire sparks into a raging fight.

- 1.00 M'T Naked and Afraid: Castaways** Triple bill.

- 4.00 to 5.00 AM** How Do They Do It?

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM Animal Cribbs**
- 9.00 Dodo Heroes**
- 10.00 Dogs 101** Dog behaviour.
- 11.00 Alaska: Homestead Rescue**
- 12.00 NOON Animal Cribbs**
- 1.00 PM Dodo Heroes**
- 2.00 Project Grizzly** Double bill.
- 4.00 Bad Dog!** A pug becomes obsessed with pizza.
- 5.00 Alaska: Homestead Rescue** A wildfire prompts Marty to create an evacuation ark.
- 6.00 Animal Cribbs** Antonio helps a family create some special space for their animals.



7.00 Dodo Heroes

- 7.00 Dodo Heroes** The work of the Sheldrick Wildlife Trust, as they prepare to release a young elephant back into the wild.

- 8.00 Coyote Peterson: Brave the Wild** The elusive wobbegong sharks.
8.30 Saltwater and freshwater crocodiles.

- 9.00 Tanked** Baseball star Pete Rose wants Riverfront Stadium transformed into an aquarium.

- 10.00 Alaskan Bush People** A storm hits the island, threatening the Browns' safety as they set out for an addition to Browntown.

- 11.00 Guardians of Rescue** The team attempt to unmask a puppy flipper.

- 12.00 M'T Growing Up** Exploring the early lives of marsupials.

- 1.00 AM Alaskan Bush People**

- 2.00 Bad Dog!** As 4.00pm.

- 3.00 Alaska: Homestead Rescue**

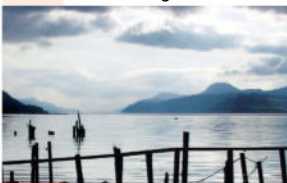
- 4.00 to 5.00 AM Animal Cribbs**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory**
- 9.00 Ice Road Rescue**
- 11.00 Colossal Machines**
- 12.00 NOON Air Crash Investigation**
- 2.00 PM Inside the SS** Documentary about Hitler's private army, formed in 1925.
3.00 A look into the role of the SS in the Holocaust.
- 4.00 Nazi Megastructures** Exploring the use of trains in the Nazi regime.
- 6.00 Seconds from Disaster** An investigation into the train crash in Amagasaki in 2005.



9.00 Draining Loch Ness

- 7.00 Europe from Above** An aerial view of Scotland reveals an astonishing tidal energy project and a majestic cliff-top castle

- 8.00 Mysterious Islands** **New edition** Findings on isolated islands include a volcanic isle with a dark past and burial rituals.

- 9.00 Draining Loch Ness: In Search of the Monster** Scanning technology is used to explore the depths of Loch Ness.

- 10.00 Witches: Truth Behind the Trials** Exploring the story of Scotland's first major witch trials.

- 11.00 UFOs: Investigating the Unknown** Documentary.

- 12.00 M'T Air Crash Investigation** Double bill of editions.

- 2.00 AM Bid & Destroy**

- 2.55 Food Factory USA**

- 3.45 Abandoned** Double bill.

- 4.35 to 5.00 AM** Prairie Dog Dynasty

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM Greatest Heists** with Pierce Brosnan The story of the Antwerp Diamond Heist.
- 7.00 Pawn Stars** Triple bill.
- 10.00 Storage Wars** Eight editions.
- 2.00 PM Digging Up Britain's Past** Five editions, including at:
4.00 Helen Skelton and Alex Langlands visit Sherwood Forest to learn more about the legend of Robin Hood.
5.00 Helen and Alex explore life during the Black Death.
6.00 Helen and Alex explore the history of Stonehenge.



8.00 Instruments of Death

- 7.00 Digging Up Britain's Past** Helen and Alex visit Lindisfarne and the Isle of Man to unearth the secrets of Viking burial grounds.

- 8.00 Instruments of Death** The impact of the Battle of Towton during the War of the Roses.

- 9.00 NEW Battlefield Healers: Bosworth Field** A look into the last significant battle of the Wars of the Roses.

- 10.00 Ivan the Terrible** The real story of Russia's first tsar, who has become synonymous with despotism and tyranny.

- 11.15 The Lost Women Spies** After the liberation of Paris, operations of the SOE dwindled, prompting Vera Atkins to confront the harm done to her agents.

- 12.20 AM Storage Wars**

- 4.10 to 6.00 AM Digging Up Britain's Past**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM Abandoned Engineering**
- 8.00 Rise of the Nazis: The Downfall** Triple bill.
- 11.00 Guy Martin's Spitfire**
- 12.30 PM Guy Martin: World's Fastest Tractor** Guy attempts to become the first person to drive a tractor at more than 100mph.
- 2.00 Speed with Guy Martin** Guy competes in the Nevada Open Road Challenge, the fastest road race in the world.
- 3.30 Canal Boat Diaries** Four editions of the series.



8.05 One Foot in the Grave

- 7.00 Find It, Fix It, Flog It** Henry takes a risk on an old Ford Prefect, while Simon opts to upcycle three chicken feeders.

- 8.05 One Foot in the Grave** Victor receives a job offer. Guest stars John Bird.
8.45 The Meldreys join neighbours Patrick and Pippa for a meal at a Chinese restaurant.
9.25 Victor discovers he has bought a car with an obscene number plate.

- 10.05 Bangers & Cash** Derek helps a collector downsize and discovers a rare Chrysler Alpine.

- 11.05 Canal Boat Diaries** Robbie Cumming sets out to explore the meandering waterways of inner city Birmingham.
12.05 AM The Naughty Lass collides with a low bridge.
1.05 Exploring the Staffordshire and Worcestershire Canal.
2.05 to 3.00 AM Dream Car Fixers

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM Combat Dealers**
- 8.00 Find It, Fix It, Flog It**
- 12.00 NOON The Travelling Auctioneers** Double bill.

- 2.00 PM The Repair Shop**

- 5.00 The Yorkshire Auction House** Double bill.

- 7.00 Celebrity Yorkshire Auction House**

- 8.00 The Repair Shop** A leather keepsake box and an Italian dressing table chair are restored.

- 9.00** Items include a rusty rocking duck chair and a bashed-up banjo.

- 10.00 Richard Hammond's Workshop** A search for new staff is scuppered.

- 11.00 Wheeler Dealers** Mike is seduced by a Land Rover Discovery Mk1.

- 12.00 M'T Salvage Hunters: The Restorers**

- 2.00 AM NASA's Unexplained Files**

- 4.00 to 5.00 AM** How It's Made

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: UK** Double bill.
- 7.00 Say Yes to the Dress**
- 8.00 Curvy Brides Boutique**
- 9.00 Say Yes to the Dress: Atlanta** Double bill.

- 10.00 Say Yes to the Dress**

- 12.00 NOON FBI Files**

- 3.00 PM Reasonable Doubt**

- 7.00 Reasonable Doubt** The fatal shooting of Kathy Middleton.

- 8.00** The murder conviction of rap star Corey 'C-Murder' Miller.

- 9.00 The Serial Killer Among Us: Phillip Jablonski** True-crime.

- 11.00 Faking It: Tears of a Crime** Emile Cilliers.

- 12.00 M'T Chris Watts: A Faking It Special**

- 1.00 AM Serial Killer, Serial Liar: Levi Bellfield - A Faking It Special**

- 2.00 Murder Comes to Town**

- 3.00 to 4.00 AM FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy**
- 1.00 PM Judge Judy**
- 5.00 Facing Evil**
- 7.00 Bloodline Detectives** A man discovers the body of a young woman in a ditch in Kentucky.

- 8.00 Murder She Solved** The 1999 murder of Afghan cab driver Mohammadullah Saighani, who was killed in his taxi.

- 9.00 Donal MacIntyre's Killer Evidence** A single mother is found dead in the woods and her boyfriend is a suspect.
10.00 A woman's body is found in a suitcase in a car park at Heathrow Airport.

- 11.00 Real Detective: North of the Border**

- 1.00 AM Ron Iddles: The Good Cop** Double bill.

- 3.00 Medical Detectives**

- 4.00 to 6.00 AM Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM The Truth About My Murder**
- 1.00 PM Donal MacIntyre: A Life in Crime**
- 2.00 Medical Detectives** The body of a missing woman is found 20 years after her disappearance.

- 2.30** Police dogs trace a killer's scent.
3.00 An investigation into a deadly blaze.
3.30 A victim is poisoned with arsenic.
4.00 Investigators bring a killer to justice.
4.30 A psychiatrist is brought in to distinguish fact from fiction.

- 5.00 Donal MacIntyre: Unsolved** Revisiting the case of Annie McCarrick.

- 6.00 Judge Judy** Real-life small-claims cases.

- 12.15 AM Judge Judy**

- 2.00 Psychic Private Eyes**

- 4.00 Citizen Detective**

- 4.45 to 6.00 AM** Medical Detectives

+1 hour 222/223 321

Sky Crime

122/123 820 121 349 364

- 6.00 AM Motorway Patrol**
- 9.00 Brit Cops: Rapid Response** Documentary.
- 10.00 Stop, Search, Seize**
- 11.00 Britain's Most Evil Killers**
- 12.00 NOON Killer in My Village** Andre Nunes.

- 1.00 PM Killer Siblings**

- 2.00 Love You to Death**

- 3.00 Forensics: Catching the Killer** Documentary.

- 4.00 The Killer Within**

- 5.00 Murdered at First Sight**

- 6.00 Killer in My Village**

- 7.00 Britain's Most Evil Killers**

- 8.00 Forensics: Catching the Killer** Documentary.

- 9.00 Monster in the Shadows**

- 10.00 World's Most Evil Killers**

- 11.00 The Real Manhunter**

- 12.00 M'T An Unexpected Killer** Documentary.

- 1.00 AM Killer in My Village**

- 3.00 The Force: North East**

- 4.00 The Force: Manchester**

- 5.00 to 6.00 AM** Motorbike Cops

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Beautiful Serengeti**
- 8.30 Jurassic Cash**
- 9.40 Russia's Wars**
- 1.00 PM Jurassic Cash**

- 2.05 The Great Fire: London Burns**

- 3.05 The Great Fire: Death and Destruction**

- 4.05 The Great Fire: A City Rebuilt** The last day of the fire's rampage.

- 5.05 Russia's Wars** Triple bill of the series, including at:
7.25 Investigating Putin's wars in Georgia, Chechnya and Ukraine.

- 8.35 Apocalypse: Stalin** 1/3. Investigating the rise of Joseph Stalin.

- 9.40** 2/3. The truth behind the 'Man of Steel', Joseph Stalin.

- 10.55** 3/3. How Joseph Stalin became the most admired and feared man on the planet.

- 12.00 M'T Jurassic Cash**

- 1.15 to 2.00 AM** Beautiful Serengeti

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Ben Kingsley**
7.00 **Discovering: Helen Mirren**
8.00 **The Directors**
9.00 **AKA Mr Chow**
10.50 **My Icon: Michael Holding**
11.00 **The End of the Storm**
1.00 PM **Magic & Bird: A Courtship of Rivals** Sports documentary.
2.50 **How The Beatles Changed the World** Music documentary.
5.00 **FILM The Beatles: Eight Days a Week - The Touring Years** Ron Howard's documentary. (2016, 12, 113min) ★★★★★
7.00 **Becoming Madonna** Charting Madonna's rise to stardom.
9.00 **NEW SERIES Boyzone: No Matter What 1/3** Documentary about the boy band, featuring rare interviews with the members. See feature, page 21.
10.00 **FILM Amy** Documentary. (2015, 15, 128min) ★★★★★
12.30 AM **Fatboy Slim: Right Here, Right Now** Documentary.
2.20 **Nike's Big Bet**
4.00 **The Day Sports Stood Still**
5.45 to 6.00 AM **My Icon: Maggie Alphonsi**

Crime+Investigation

156 837 133

- 6.00 AM **Nightmare in Suburbia**
8.00 **Accident, Suicide or Murder?**
1.00 PM **Rob Rinder's Interrogation Secrets**
3.00 **Judge Rinder's Crime Stories**
5.00 **Witness to Murder: Digital Evidence** Documentary.
6.00 **I Met My Murderer Online**
7.00 **Green Eyed Killers**
8.00 **Prison Brides** Documentary.
9.00 **NEW SERIES Cold Case Files: Murder in the Bayou** The investigation into the death of 13-year-old Krystal Jean Baker.
10.00 **#Findgabby** Documentary.
11.00 **The Killer Interview with Piers Morgan** Rod Covlin.
12.00 **MT Accident, Suicide or Murder?** Documentary.
1.00 AM **Cold Case Files: Murder in the Bayou** As 9.00pm.
2.00 **Natural Born Killer Series finale 2/2**. How police stopped a killer in his tracks.
3.00 **Secrets of the Morgue**
4.00 to 6.00 AM **Accident, Suicide or Murder?**

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Four editions.
5.00 **The Bill Stealing Cars and Nursery Rhymes** Yorkie volunteers at a youth club.
5.30 **Hold Fire** Yorkie is involved in a traffic accident.
6.00 **Bad Faith** A burglar escapes from custody.
6.30 **Requiem** Human remains are discovered in a flat.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Mistresses 3/4** A guilt-stricken Trudi seeks guidance from Katie, Mark contemplates another risky investment, and Vivienne warns Richard to stay away from her daughter. (S3)
10.20 **The Bill** Four episodes.
12.20 AM **Pointless** Double bill.
2.20 **Mistresses** As 9.00pm.
3.30 **The Architecture the Railways Built** Double bill of editions.
5.10 to 6.00 AM **The Bill**

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Strange Creatures**
8.00 **Wild Tales from the Farm**
12.00 NOON **A Bee's Diary**
1.00 PM **Kingdom of the Tide**
2.00 **Osprey** A veteran pair of osprey embark on a journey home.
3.00 **David Attenborough's Conquest of the Skies**
6.00 **Wildlife ER** Vet Claire tries to care for sick koala joeys.
7.00 **Planet Weird New edition** A look at fireflies' flirty flashes, the tarsier's night vision and the mantis shrimp's punch.
8.00 **My Wild Cats** Double bill. Observing five unique feline species as they try to make a comeback in the wild.
10.00 **The Ocean's Greatest Feast** The sardine run along the east coast of South Africa, a challenging voyage for the fish as they navigate the ocean.
11.00 **Planet Weird** Documentary.
12.00 MT **Kingdom of the Tide**
1.00 AM **Osprey** As 2.00pm.
2.00 **Africa's Wild Horizons**
3.00 to 6.00 AM **Kalahari: Land of Secret Alliances**

WILD

165 841 182

- 8.00 AM **Wild Argentina**
11.00 **World's Greatest Train Journeys from Above**
1.00 PM **Giants of the Deep Blue**
2.00 **Polar Worlds with Bertie Gregory** The wildlife filmmaker travels through both poles.
3.00 **The Hummingbird Effect**
4.00 **Secrets of the Zoo**
6.00 **NEW SERIES Critter Fixers: Country Vets** The vets help a seizing dog and a dizzy bunny.
7.00 **Lion Brothers: Cubs to Kings** Following a cub as it rises to become the leader of its pride.
8.00 **New Wave Warriors** Following conservationists working to protect marine habitats.
9.00 **Lost Sharks of Easter Island** Enrich Sala and his team search the South Pacific for sharks.
10.00 **Africa's Hunters** A leopard that has recently become the dominant predator of an area in Zambia's Luangwa Valley.
11.00 **Snakes in the City**
12.00 MT **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Atlanta Justice**
10.00 **Someone You Thought You Knew** Double bill of editions.
12.00 NOON **Homicide City: Charlotte** Documentary.
2.00 PM **Murder Chose Me**
4.00 **Til Death Do Us Part**
6.00 **Deadline: Crime with Tamron Hall** The kidnap and murder of Jamey Walker in 1981.
7.00 **The presenter recalls the murder of a psychiatrist.**
8.00 **Evil Online** The case of a woman who disappeared after joining a dating site.
9.00 **Lethally Blonde** Detectives uncover a bloody scene at the lavish Miami apartment of a social media influencer.
10.00 **High Speed Chase** Officers chase down two suspects with an assault rifle who are intent on shooting their way out.
11.00 **Unbreakable: Live to Tell**
12.00 MT **True Nightmares**
2.00 AM **Evil Online**
4.00 **Calls from the Inside**
5.00 to 6.00 AM **Killer Bods**

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
9.00 **Holy Marvels with Dennis Quaid** Double bill of editions.
11.00 **Hitler's Secret Bomb**
12.00 NOON **What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Combat Ships**
6.00 **Combat Trains**
7.00 **Combat Machines** A look at the machine gun, which dominated and personified the battlefields of World War One.
8.00 **Ancient Aliens** The stories of the Star Ancestors.
9.00 **Haunted Hospitals** Medical staff recount their chilling encounters with paranormal activity inside hospitals.
10.00 A nurse faces an unearthly apparition, and a home is struck by a demon.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **Alien Autopsy: The Search for Answers**
3.00 **The UnXplained with William Shatner** The visions of mystics.
4.00 **Ancient Discoveries**
5.00 to 6.00 AM **Britain's Greatest Obsessions**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
9.00 **Lost Mines: Restored**
11.00 **The Antiques Brothers**
12.00 NOON **Combat Dealers: Reloaded** Documentary.
1.00 PM **Combat Dealers**
3.00 **The Dino Hunters**
6.00 **The Alaska Triangle** Exploring an area in Alaska known for unusual activity.
7.00 A cryptozoologist hunts for scientific proof of Bigfoot.
8.00 Examining the possibility of an interdimensional portal.
9.00 **Alien Highway** A recent UFO sighting in Phoenix leads Chuck and the team to Sedona.
10.00 Chuck and the team investigate the story of an alien that had escaped from Area 51.
11.00 **In Search of Monsters** The case of the Beast of Bray Road.
12.00 MT Evidence to prove the Chupacabra's existence.
1.00 AM New evidence about the Ozark Howler.
2.00 **Combat Dealers: Reloaded**
3.00 to 5.00 AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Head 2 Head**
7.00 **Wheeler Dealers** Mike restores a rare 1991 Alfa Romeo 164L.
8.00 Mike finds a rare, rally-bred 1972 Lancia Fulvia.
9.00 Mike and Ant take on a Alfa Romeo Spider Quadrifoglio with a rare hard-top.
10.00 Mike takes a risk at auction by purchasing a Alfased 1.5 TI with dodgy brakes.
11.00 1/2. Mike buys an old Lancia Delta Integrale.
11.30 2/2. The Lancia Delta Integrale is completed.
12.00 MT 1/2. Edd begins work on a 1972 Alfa Romeo Spider Veloce 2000.
12.30 AM 2/2. The Alfa Romeo Spider Veloce 2000 is valued.
1.00 **Last Outpost**
2.00 to 5.00 AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 7.45 AM **PREMIERE Chuck Chuck Baby** As shown at 6.10pm.
9.35 **The Killer** Action thriller. (2024, 15, 126min) ★★★★★
11.45 **Furiosa: A Mad Max Saga**
2.20 PM **Bad Boys: Ride or Die**
4.20 **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★★★
6.10 **PREMIERE Chuck Chuck Baby** Janis Pugh's drama with Louise Brealey and Annabel Scholey. (2024, 15, 101min) ★★★★★ See review, page 23.



6.10 **Chuck Chuck Baby**

- 8.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Alyla Browne, Tom Burke and Lachy Hulme. (2024, 15, 148min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
10.35 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. (2024, 15, 115min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Get Away** Horror comedy starring Nick Frost and Aisling Bea. (2024, 15, 86min) ★★★★★
2.10 **Kill** Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 90min) ★★★
3.50 to 6.10 AM **Twilight of the Warriors: Walled In** Hong Kong action thriller. Subtitled. (2024, 15, 126min) ★★★

Sky Cinema Drama

310 410 510 524

- 7.50 AM **She Came to Me** Comedy. (2023, 15, 102min) ★★★★★
9.40 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
11.50 **Charlie Wilson's War** Comedy. (2007, 15, 97min) ★★★★★
1.40 PM **8 Mile** Urban drama. (2002, 15, 112min) ★★★
3.35 **Bob Marley: One Love** Biopic starring Kingsley Ben-Adir. (2023, 12, 104min) ★★★★★
5.25 **Cold Mountain** Anthony Minghella's romantic drama. (2003, 15, 152min) ★★★★★
8.00 **Jarhead** Drama starring Jake Gyllenhaal, Peter Sarsgaard and Jamie Foxx. During the first Gulf War, a platoon of American Marines try to come to terms with stress and boredom while waiting to see action in Iraq. (2005, 15, 123min) ★★★★★
10.10 **The Color Purple** Musical drama starring Taraji P Henson. (2023, 12, 141min) ★★★★★
12.40 AM **Goodbye Bafana** Fact-based drama starring Joseph Fiennes, Dennis Haysbert and Diane Kruger. (2007, 15, 118min) ★★★★★
2.50 **Cold Mountain** As 5.25pm.
5.30 to 6.30 AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

- 6.00 AM **Sky Cinema Preview**
6.35 **Moving On** (2022, 15) ★★★★★
8.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★★
10.10 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★★★★
12.05 PM **The Hangover Part III** Comedy sequel. (2013, 15) ★★★★★
2.00 **Bean** (1997, PG) ★★★★★
3.45 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★★★
5.30 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
8.00 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
9.50 **Chicago** Musical starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. In 1920s Chicago, a showgirl and a wannabe musical star become celebrities on Murderess Row. (2002, 12, 112min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.50 **The Wolf of Wall Street** Martin Scorsese's fact-based drama with Leonardo DiCaprio. (2013, 18, 176min) ★★★★★
2.55 AM **Desperation Road** Thriller with Garrett Hedlund. (2023, 18, 112min) ★★★★★
4.55 to 6.40 AM **Monolith** Thriller. (2022, 15, 90min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.50 AM **Ouija: Origin of Evil** (2016)
8.40 **Edge of Tomorrow** As 6.00pm.
10.40 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
12.20 PM **World War Z** Action thriller. (2013, 15, 116min) ★★★★★
2.30 **Arcadian** As shown at 11.40pm.
4.10 **Ouija: Origin of Evil** Supernatural horror prequel starring Elizabeth Reaser. (2016, 15, 99min) ★★★★★
6.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★★
8.00 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★★
10.10 **Dashcam** Horror starring Annie Hardy and Amar Chadha-Patel. Two friends on a horror-fuelled road trip livestream the most terrifying night of their lives. (2021, 18, 80min) ★★★★★
11.40 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★★
1.20 AM **Resident Evil: Extinction** Sci-fi horror thriller sequel. (2007, 15, 90min) ★★★★★
3.00 **Abigail** Horror thriller. (2024, 18, 105min) ★★★★★
4.55 to 6.50 AM **The Purge: Election Year** Action horror sequel. (2016, 15, 108min) ★★★★★

Sky Cinema Family

- 306 406 506 520**
- 6.05** AM **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
- 8.00** **The Hobbit: The Desolation of Smaug** (2013, 12) ★★★★★
- 10.55** **The Hobbit: Battle of the Five Armies** Fantasy sequel. (2014, 12, 144min) ★★★★★
- 1.30** PM **Hook** Fantasy adventure. (1991, U, 140min) ★★★★★
- 4.00** IF **Fantasy**. (2024, U) ★★
- 5.45** **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★★



5.45 **Dungeons & Dragons**

- 8.00** **Addams Family Values** Ghoulish black comedy sequel starring Anjelica Huston and Raul Julia. The Addams' homicidal new nanny sets her sights on Uncle Fester. (1993, PG, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.40** **Small Soldiers** Fantasy adventure starring Kirsten Dunst. A toy company launches a new range of deadly action dolls with a life of their own. (1998, PG, 99min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.45** **A Tiger's Tail** Drama with Will Spencer and Greg Grunberg. (2014, U, 81min) ★★
- 1.10** AM **Muppets from Space** Children's sci-fi comedy. (1999, U, 85min) ★★
- 2.40** **The Muppets Take Manhattan** Musical comedy. (1984, U, 94min) ★★★★★
- 4.20 to 6.00** AM **Beethoven's 2nd** Comedy sequel starring Charles Grodin and Bonnie Hunt. (1993, U, 89min) ★★

Sky Cinema Feel Good

- 302 402 502 516**
- 6.40** AM **The Secret Garden** (2020)
- 8.25** **The Flintstones** Comedy. (1994, U, 93min) ★★
- 10.00** **Miss Potter** Biographical drama. (2006, PG, 93min) ★★
- 11.40** **Ghost** As shown at 10.20pm.
- 1.50** PM **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★★
- 4.15** **Barbie** Comedy starring Margot Robbie and Ryan Gosling. (2023, 12, 114min) ★★★★★
- 6.15** **The Breakfast Club** Comedy drama starring Emilio Estevez. (1984, 15, 97min) ★★★★★
- 8.00** **The Boat That Rocked** Richard Curtis's period comedy starring Bill Nighy, Philip Seymour Hoffman and Rhys Ifans. (2009, 15, 135min) ★★★★★
- 10.20** **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his lover. (1990, 12, 127min) ★★★★★
- 12.35** AM **What If** Romantic drama with Daniel Radcliffe and Zoe Kazan. (2013, 15, 98min) ★★★★★
- 2.25** **Long Story Short** Comedy. (2021, 15, 90min) ★★
- 4.10 to 6.00** AM **The Secret Garden** Drama with Colin Firth. (2020, PG, 99min) ★★★★★

Sky Cinema Stunts

- 307 407 507 521**
- 6.30** AM **The Sugarland Express** Comedy. (1974, PG) ★★
- 8.30** **Project A** (1985, 12) ★★
- 10.20** **Haywire** Action thriller. (2012, 15, 88min) ★★★★★
- 12.05** PM **Vendetta** Action thriller. (2022, 15, 96min) ★★
- 1.45** **Sisu** As shown at 1.55am.
- 3.20** **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★
- 5.25** **Furiosa: A Mad Max Saga** Fantasy with Anya Taylor-Joy. (2024, 15, 148min) ★★★★★



8.00 **John Wick**

- 8.00** **John Wick** Action thriller starring Keanu Reeves. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.45** **John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. (2017, 15, 122min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.50** **Monkey Man** Action thriller. (2024, 18, 121 min) ★★★★★
- 1.55** AM **Sisu** Action thriller. (2022, 15, 88min) ★★
- 3.30** **Once Upon a Time in China and America** Hong Kong adventure with Jet Li. Subtitled. (1997, 15, 102min) ★★
- 5.15 to 7.05** AM **Seeking Justice** Thriller. (2011, 15, 104min) ★★

Sky Cinema Greats

- 304 404 504 518**
- 6.05** AM **Far and Away** Romantic drama. (1992, 15, 140min) ★★
- 8.30** **Holiday Inn** As 2.30am.
- 10.15** **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★
- 12.15** PM **Planes, Trains and Automobiles** Comedy starring Steve Martin and John Candy. (1987, 15, 92min) ★★★★★
- 1.50** **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★★
- 4.00** **Twins** As shown at 11.00pm.
- 6.00** **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★★
- 8.00** **Airplane!** Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
- 9.30** **Airplane II: The Sequel** Comedy sequel starring Robert Hays as a pilot at the controls of a disaster-prone moon shuttle. (1982, 15, 81min) ★★
- 11.00** **Twins** Action comedy. (1988, PG, 107min) ★★
- 12.50** AM **Sixteen Candles** Teen comedy starring Molly Ringwald. (1984, 12, 89min) ★★
- 2.30** **Holiday Inn** Musical comedy. (1942, b/w, U, 101 min) ★★★★★
- 4.25 to 6.05** AM **High Noon** Western starring Gary Cooper. (1952, b/w, U, 85min) ★★★★★

Sky Cinema Comedy

- 308 408 508 522**
- 6.20** AM **Baywatch** As 3.45pm.
- 8.30** **Beau Is Afraid** Horror comedy. (2023, 15, 179min) ★★★★★
- 11.40** **Seven Psychopaths** (2012)
- 1.45** PM **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★
- 3.45** **Baywatch** Action comedy starring Dwayne Johnson. (2017, 15, 121 min) ★★
- 5.55** **The Heartbreak Kid** Comedy remake starring Ben Stiller. (2007, 15, 115min) ★



10.00 **The Back-Up Plan**

- 8.00** **Seven Psychopaths** Dark comedy thriller starring Colin Farrell, Sam Rockwell and Woody Harrelson. A Hollywood screenwriter gets caught up in murderous mayhem after his actor friend kidnaps a mobster's dog. (2012, 15, 106min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.00** **The Back-Up Plan** Romantic comedy starring Jennifer Lopez and Alex O'Loughlin. A broody single career woman meets her Mr Right, having just been artificially impregnated with twins. (2010, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.50** **The Accidental Husband** Comedy. (2008, 12, 86min) ★
- 1.25** AM **The Machine** Comedy. (2023, 15, 112min) ★★
- 3.25** **Snack Shack** Comedy. (2023, 15, 107min) ★★
- 5.25 to 7.05** AM **Jules** Comedy drama. (2023, 12, 87min) ★★

Sky Cinema Animation

- 305 412 500 514**
- 7.05** AM **Tom and Jerry: A Nutcracker Tale** As 1.50am.
- 8.00** **Pil's Adventures** (2021, U) ★★
- 9.35** **Antz** (1998, PG) ★★
- 11.10** **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★
- 12.50** PM **Minions** (2015, U) ★★★★★
- 2.25** **Despicable Me 3** Animated sequel. (2017, U, 99min) ★★
- 4.00** **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
- 5.30** **Spider-Man: Across the Spider-Verse** Animated sequel. (2023, PG, 140min) ★★★★★
- 7.55** **Tad the Lost Explorer and the Secret of King Midas** Animated fantasy. (2017, U, 85min) ★★
- 9.30** **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★
- 11.05** **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★
- 12.30** AM **Wonder Woman** Animation. (2009, PG, 74min) ★★
- 1.50** **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U) ★★
- 2.45** **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★
- 3.40** **The Inseparables** (2023) ★★
- 5.15 to 6.35** AM **Tom and Jerry Cowboy Up!** (2021, U) ★★

Sky Cinema Thriller

- 309 409 509 523**
- 8.10** AM **The Sum of All Fears** Thriller starring Ben Affleck. (2002, 12, 119min) ★★★★★
- 10.20** **Green Zone** Action thriller. (2010, 15, 110min) ★★★★★
- 12.25** PM **Dead Shot** Action thriller. (2023, 15, 92min) ★★
- 2.10** **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★★
- 4.10** **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★★
- 6.15** **Poker Face** Crime thriller. (2022, 15, 120min) ★★



10.05 **Detroit**

- 8.00** **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.05** **Detroit** Fact-based drama set during the 1967 Detroit riots, starring John Boyega, Will Poulter, Anthony Mackie and Algee Smith. (2017, 15, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.40** AM **We Own the Night** Crime drama with Joaquin Phoenix. (2007, 15, 117min) ★★
- 2.45** **Changing Lanes** Thriller starring Ben Affleck, Samuel L Jackson and Toni Collette. (2002, 15, 99min) ★★★★★
- 4.30 to 6.25** AM **Contraband** Thriller with Mark Wahlberg. (2012, 15, 105min) ★★

Movies 24

- 312 419**
- 7.00** AM **Be Mine, Valentine** Comedy. (2022, PG, 90min) ★★
- 9.00** **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
- 11.00** **Perfect Harmony** Romantic comedy. (2022, PG, 84min) ★★
- 1.00** PM **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
- 3.00** **PREMIERE Writing a Love Song** Romantic drama starring Nina Kiri. (2024, PG, 85min) ★★
- 5.00** **A Very Venice Romance** Comedy. (2023, PG, 84min) ★★
- 7.00** **Sweeter Than Chocolate** Comedy with Eloise Mumford. A TV reporter investigates a local bakery which is rumoured to hold the secret recipe to true love. (2023, PG, 84min) ★★
- 9.00** **Dare to Say Yes** Romantic drama starring Amy Douglas. A woman recovering from getting fired and dumped on the same day finds a new lease of life. (2023, PG, 87min) ★★
- 11.00** **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
- 1.00** AM **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
- 3.00 to 5.00** AM **The Proposal Spot** Drama. (2023, PG, 90min) ★★

Movies 24+ 315 420

Film4

- 313 855 428 14 300**
- Films start at 11.00am**
- 11.00** AM **Annie** Musical remake. (2014, PG, 115min) ★★★★★
- 1.20** PM **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★★★★
- 4.10** **The Straight Story** David Lynch's offbeat road movie. (1999, U, 111 min) ★★★★★
- 6.25** **A Knight's Tale** Medieval romantic action comedy starring Heath Ledger. (2001, PG, 132min) ★★



1.20 **Oliver!**

- A Knight's Tale** (film started at 6.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00** **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure starring Harrison Ford. In this prequel to *Raiders of the Lost Ark*, Indiana Jones escapes a gang boss in Shanghai and encounters an evil cult in India. (1984, PG, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.20** **The Vanishing** Thriller starring Gerard Butler. Three lighthouse keepers get caught in a web of greed, paranoia and murder when they make a discovery on an isolated Scottish island. (2018, 15, 107min) ★★
- 1.30 to 3.35** AM **My Beautiful Laundrette** Hanif Kureishi's acclaimed social comedy. (1985, 15, 97min) ★★★★★

Talking Pictures

- 328 445 82 306**
- 6.00** AM **A Gunman Has Escaped** Drama. (1948, b/w, PG) ★★
- 7.05** **Frozen Alive** Sci-fi thriller. (1964, b/w, PG, 64min) ★★
- 8.40** **Fire Maidens of Outer Space** Adventure starring Anthony Dexter. (1956, PG, 80min) ★★
- 10.20** **Unearthly Stranger** Chiller. (1963, b/w, PG, 90min) ★★
- 11.55** **Yuma** Western starring Clint Walker. (1971, PG, 73min) ★★
- 1.25** PM **Batman 2/60**. (S2)
- 2.00** **Laxdale Hall** Comedy drama. (1953, b/w, U, 77min) ★★
- 3.35** **Blue Pullman** Documentary.
- 4.00** **The Adventures of Robin Hood**
- 4.30** **Out of Town**
- 5.00** **The Footage Detectives**
- 6.00** **Appointment with Venus** Comedy starring David Niven. (1951, b/w, U, 89min) ★★
- 7.40** **Steam Beyond the Solent**
- 8.00** **Gideon's Way 5/26**. (S1)
- 9.05** **The Wheelappers and Shunters Social Club**
- 9.55** **Margery and Gladys**
- 11.55** **The Heritage Chart Show**
- 1.00** AM **Hannibal Brooks** Adventure. (1968, U, 102min) ★★
- 3.05** **You Will Remember Biopic**. (1941, b/w, U, 92min) ★★
- 4.55** **The Texan 13/37**. (S1)
- 5.30 to 6.00** AM **The Larkins**

Sky Sports Main Event

401	511	501	419	439
6.00	AM Women's World Cup 2017			
6.15	LIVE ICC U19 Women's World T20			
	Coverage of the final at Bayuemas Oval in Pandamaran.			
9.30	LIVE DP World Tour Golf			
	Coverage of day four of the Bahrain Championship at Royal Golf Club, where Dylan Frittelli of South Africa won last year.			
11.30	LIVE WSL Manchester City v Arsenal.			
	Coverage of the Women's Super League match at Joie Stadium. Kick-off 12.00noon.			
2.00	PM LIVE Super Sunday Brentford v Tottenham Hotspur.			
	Coverage of the Premier League match from the Gtech Community Stadium. The visitors won the reverse fixture in September, as Ange Postecoglou's side came from a goal down to claim a 3-1 win. Kick-off 2.00pm.			
4.00	LIVE Super Sunday Arsenal v Manchester City.			
	The Premier League match from the Emirates Stadium. Kick-off is at 4.30pm.			
7.30	LIVE PGA Tour Golf			
	Coverage of the fourth and final day of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links.			
11.30	PM to 6.00 AM Sky Sports News			

Sky Sports Premier League

402	512	502	420	440
6.00	AM Premier League Highlights			
10.00	Super Sunday Matchday			
12.00	NOON Sports Sunday			
1.00	PM LIVE Super Sunday Brentford v Tottenham Hotspur.			
	The Premier League match from the Gtech Community Stadium. Kick-off is at 2.00pm.			
4.00	LIVE Super Sunday Arsenal v Manchester City.			
	Coverage of the Premier League match from the Emirates Stadium. The reverse fixture saw a thrilling game at the Etihad end in a 2-2 draw. Erling Haaland opened the scoring for City before Arsenal took a 2-1 lead into half-time thanks to goals from Riccardo Calafiori and Gabriel. It took until the 98th minute for John Stones to equalise for Pep Guardiola's team as the points were shared. Kick-off 4.30pm.			
7.30	LIVE WSL Tottenham Hotspur v Manchester United.			
	Coverage of the match from Tottenham Hotspur Stadium. Kick-off 6.45pm.			
8.45	Football			
10.00	Premier League Highlights			
3.00	AM PL Greatest Games			
4.00	Premier League Best Goals			
5.30	to 6.00 AM PL 100 Club			

Sky Sports Football

403	513	503	421	441
6.00	AM EFL Highlights			
11.30	LIVE WSL Manchester City v Arsenal.			
	Coverage of the Women's Super League match at Joie Stadium. Kick-off 12.00noon.			
2.30	PM LIVE SPFL Motherwell v Celtic.			
	Coverage of the Scottish Premiership match at Fir Park. Celtic look set to win their fourth successive league title, and have already recorded two wins against Motherwell, prevailing 3-0 here in October and 4-0 at Celtic Park on Boxing Day. Kick-off 3.00pm.			
5.30	EFL Highlights			
6.00	WSL Manchester City v Arsenal.			
6.30	LIVE WSL Tottenham Hotspur v Manchester United.			
	Coverage of the match from the Tottenham Hotspur Stadium. Kick-off 6.45pm.			
8.45	Football			
10.00	SPFL Highlights			
10.15	WSL Manchester City v Arsenal.			
10.45	EFL Highlights			
11.15	SPFL Highlights			
11.30	WSL Tottenham v Man United.			
12.00	M'T EFL Cup Retro			
2.45	AM EFL Greatest Games			
4.00	Championship Season Review			
5.00	Best Goals: EFL Cup 2022/23			
5.30	to 6.00 AM EFL Trophy			

Sky Sports Cricket

404	514	504	422	442
6.00	AM Women's World Cup 2017			
6.15	LIVE ICC U19 Women's World T20			
	Coverage of the final at Bayuemas Oval in Pandamaran.			
9.30	ICC Women's World Cup 2017			
10.00	Women's ICC World T20			
10.30	ICC U19 Women's World T20			
11.00	SA20 Recent highlights.			
1.00	PM LIVE SA20 MI Cape Town v Pretoria Capitals.			
	Coverage of the match at World Sports Betting Newlands, Cape Town. The visitors won this meeting last season by four wickets in a thrilling match.			
5.30	ICC U19 Women's World T20			
6.00	Women's ICC World T20			
7.00	ICC U19 Women's World T20			
8.30	Women's ICC World T20			
9.00	SA20 Recent highlights.			
11.00	WPL Action from 2024.			
12.00	M'T ICC U19 Women's World T20			
	Action from the final.			
12.30	AM Women's ICC World T20			
1.00	ICC U19 Women's World T20			
4.15	Jimmy Anderson's Greatest Spells Archive highlights.			
4.30	Blue for Bob A Bob Willis tribute.			
4.45	ICC Women's World Cup 2017			
5.00	Blue for Bob A Bob Willis tribute.			
5.15	ICC Women's World Cup 2017			
5.30	to 6.00 AM Big Bash League			

Sky Sports Golf

405	515	505	423	443
6.00	AM DP World Tour Golf			
6.30	TGL Recent highlights.			
8.30	LIVE DP World Tour Golf			
	Coverage of day four of the Bahrain Championship at Royal Golf Club, where Dylan Frittelli of South Africa won last year.			
1.30	PM Golf's Greatest Holes			
2.00	Uncommon: Building a Boston Sports Team			
2.30	HotelPlanner Tour Golf			
3.00	Nick Dougherty's Tee Time Tips			
3.30	DP World Tour Golf Highlights.			
4.00	LIVE PGA Tour Golf			
	Coverage of the fourth and final day of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links.			
11.30	DP World Tour Golf Highlights.			
12.00	M'T Golf's Greatest Holes			
12.30	AM HotelPlanner Tour Golf			
1.00	Playing Lessons Aaron Wise.			
1.30	DP World Tour Golf			
2.00	PGA Tour Golf Highlights.			
4.00	DP World Tour Golf			
4.30	Ryder Cup Memories			
5.00	to 6.00 AM Playing Lessons			

Sky Sports Tennis

407	517	507	425	445
6.00	AM WTA & ATP Tennis			
9.00	LIVE WTA Tennis			
	Coverage of the final of the WTA Singapore Open at Kallang Tennis Centre.			
11.00	ATP 2024 Best of Jack Draper			
11.15	Bitesize Tennis Highlights.			
11.30	ATP Tour This Week			
12.00	NOON WTA Tennis			
1.00	PM LIVE WTA Tennis			
	Coverage of the final of the WTA Linz Open at Design Center Linz in Austria.			
3.00	LIVE ATP Tennis			
	Coverage of the final of the ATP Montpellier Open from Sud de France Arena.			
4.00	WTA Tennis Abu Dhabi Open.			
5.00	ATP Tennis ABN AMRO Open.			
6.00	WTA Tennis Recent finals.			
10.00	ATP Tennis Montpellier Open.			
12.00	M'T to 6.00 AM Tennis			

Sky Sports Mix

416	516	506	429	449
6.00	AM Super League Highlights			
7.00	Roots A profile of Paul Lawrie.			
7.30	DP World Tour Golf			
8.00	SA20 Recent highlights.			
10.00	Fight Night Two bout replays.			
12.00	NOON Super League Highlights			
12.30	PM Women's ICC World T20			
1.00	ICC U19 Women's World T20			
1.30	LIVE Netball Nations Cup Malawi v Uganda.			
	Coverage of the match at Motorpoint Arena in Nottingham. Centre-pass 2.00pm.			
3.30	LIVE Netball Nations Cup England v South Africa.			
	Coverage from Motorpoint Arena, Nottingham. Centre-pass 4.00pm.			
6.00	Spirit of Yachting			
6.30	Super League Highlights			
6.45	ICC U19 Women's World T20			
8.15	Women's ICC World T20			
8.45	Football			
10.00	Fight Night Azim v Lipinets.			
11.00	ICC U19 Women's World T20			
11.30	Women's ICC World T20			
12.00	M'T SA20 Recent action.			
1.00	AM NFL Highlights			
3.00	Super League Highlights			
4.00	DP World Tour Golf			
4.30	Ryder Cup Memories			
5.00	to 6.00 AM Playing Lessons			

Sky Sports F1

406	516	506	424	444
6.00	AM The Home of F1			
12.00	NOON F1 Classic Races			
4.55	PM F1 Explained: G-Force			
5.00	F1 Classic Races A look back at the Australian Grand Prix's history.			
9.45	Formula 1 A chance to see the 2024 Australian Grand Prix.			
11.50	The Formula 1 Exhibition			
12.00	M'T to 6.00 AM The Home of F1			

TNT Sports 1

410	870	527	408	430
6.00	AM LIVE Women's Ashes			
	Australia v England. The fourth and final day of the one-off Test from Melbourne Cricket Ground.			
11.30	TNT Sports Cricket Reload			
12.00	NOON T20 Cricket Highlights			
1.00	PM LIVE T20 Cricket India v England.			
	Coverage of the fifth and final T20 in the series from Wankhede Stadium in Mumbai.			
6.00	Women's Ashes Recent action.			
7.00	The Edge Australia v England			
	from Melbourne Cricket Ground.			
7.30	LIVE Serie A AS Roma v Napoli.			
	Coverage of the Italian top-flight match from Stadio Olimpico. Kick-off is at 7.45pm.			
9.45	Europa League Goals Reload			
10.00	T20 Cricket Highlights India v England			
	from Wankhede Stadium.			
11.00	Test Cricket Highlights			
	Action from Sri Lanka v Australia.			
12.00	M'T Women's Ashes			
1.00	AM The Edge Australia v England.			
1.30	Serie A AC Milan v Inter Milan.			
3.30	UEFA Champions League Highlights Show			
4.30	UEFA Europa League & Conference League Highlights			
5.30	to 6.00 AM UEFA Champions League - Stories of the Finals			

TNT Sports 2

411	871	528	409	431
6.45	AM Champions League Goals			
7.00	LIVE A-League Women			
	Brisbane Roar v Wellington Phoenix. Kick-off 7.00am.			
9.00	Premier League			
11.30	Champions League Magazine			
12.00	NOON TNT Sports Reload			
12.30	PM LIVE Allianz Premiership Women's Rugby Exeter Chiefs v Harlequins.			
	From Sandy Park. Kick-off 12.45pm.			
2.45	LIVE Premiership Rugby Cup Bath v Bedford Blues.			
	The Pool D match. Kick-off 3.00pm.			
5.15	UEFA Champions League			
6.00	UEFA Europa League & Conference League Magazine			
7.00	Premier League: Big Interview			
7.30	TNT Sports Reload			
8.00	NBA on Fire The latest news.			
8.30	LIVE NBA Cleveland Cavaliers v Dallas Mavericks.			
	The inter-conference game. Tip-off 8.30pm.			
11.00	LIVE NBA Philadelphia 76ers v Boston Celtics.			
	From Wells Fargo Centre. Tip-off 11.00pm.			
1.30	AM NBA News and action.			
2.30	TNT Sports Reload			
3.00	Vendee Globe Highlights			
3.30	Fishing: On the Bank			
4.30	to 6.00 AM Ultimate Pool			

TNT Sports 3

417	874	529	410	432
6.00	AM LIVE Test Cricket Sri Lanka v Australia.			
	Coverage of the fifth and final day of the first Test in the two-match series from Galle International Stadium.			
12.30	PM Women's T20 International Cricket			
1.30	TNT Sports Reload			
1.45	Vendee Globe Highlights			
2.15	UEFA Champions League Highlights Show			
3.15	UEFA Europa League & Conference League Highlights			
4.15	UEFA Champions League Magazine News and action.			
4.45	LIVE Serie A AC Milan v Inter Milan.			
	Coverage of the Italian top-flight match staged at the San Siro. Kick-off is at 5.00pm.			
7.00	Women's T20 Super Smash			
	Action from the Grand Final.			
8.00	T20 Super Smash			
9.00	Test Cricket Highlights			
10.00	UFC A chance to see Israel Adesanya v Nassourdine Imavov.			
1.00	AM UFC: Johnson v Cejudo II			
2.00	UFC Main Event: Cody v TJ			
3.00	UFC 232: Jones v Gustafsson II			
4.00	UFC Main Event: Holloway v Ortega From UFC 231.			
5.00	to 6.00 AM HSBC SVNS			

Sky Sports NFL

408	517	507	426	446
6.00	AM Super Bowl LVIII Highlights			
7.00	NFL Highlights			
8.00	NFL: America's Game			
9.00	NFL Highlights			
10.00	Super Bowl LV Highlights			
12.00	NOON Super Bowl LVIII			
12.15	PM NFL Bitesize Highlights			
1.00	NFL Highlights			
3.00	Super Bowl LIV Highlights			
5.00	NFL Gameday The latest news.			
5.30	NFL Bitesize Highlights			
6.00	Super Bowl LVIII Bitesize			
6.15	NFL Bitesize Highlights			
7.15	Super Bowl LVIII Bitesize			
7.30	NFL Bitesize Highlights			
	Kansas City Chiefs v Buffalo Bills in the AFC Championship match.			
7.45	Philadelphia Eagles v Washington Commanders in the NFC Championship match.			
8.00	LIVE Pro Bowl Games			
	Championship Coverage of the seven-on-seven flag football match, as teams representing the AFC and NFC face each other at Camping World Stadium, Orlando.			
11.15	NFL Bitesize Highlights			
11.45	Super Bowl LVIII Bitesize			
12.00	M'T NFL Gameday			
12.30	AM NFL Bitesize Highlights			
1.00	to 6.00 AM NFL Highlights			

TNT Sports 4

421	876	530	411	434
6.00	AM HSBC SVNS Highlights			
7.00	Fishing: On the Bank			
8.00	Women's T20 International			
	Cricket West Indies v Bangladesh.			
9.00	TNT Sports Reload			
9.30	Ultimate Pool Recent action.			
11.00	Vendee Globe Highlights			
11.30	SailGP: Racing on the Edge			
12.00	NOON NBA Originals			
1.00	PM NBA Two match replays.			
4.00	NBA on Fire The latest news.			
4.30	NBA Action Highlights.			
5.00	NBA Utah Jazz v Orlando Magic.			
	6.30 A chance to see New York Knicks v Los Angeles Lakers.			
8.00	Allianz Premiership Women's Rugby Exeter Chiefs v Harlequins.			
9.00	Premiership Rugby Cup			
10.00	UEFA Europa League & Conference League Magazine			
11.00	Champions League Magazine			
11.30	TNT Sports Reload			
12.00	M'T SailGP: Racing on the Edge			
12.30	AM MLB The 2024 World Series.			
5.30	to 6.00 AM MLB Classic			

Eurosport 1

413	870	521	412	435
6.00	AM Snooker: German Masters			
8.00	Snooker 147s Si Jiahui.			

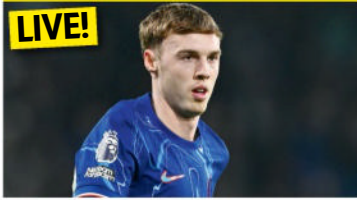
Factual

**The Big Idea Works**

BBC1, 2pm (box set, BBC iPlayer)

Sara Davies presents as ordinary people with ideas are matched with engineers who can turn their dreams into reality.

Football

**Premier League**

Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm

It's West meets East as Chelsea host West Ham for tonight's London derby.

Comedy Drama

**Boarders**

BBC3, 9pm & 9.50pm (box set, iPlayer)

The future looks rocky for the students after acting headteacher Carol decides to end two of the scholarships at St Gilberts.

Documentary

**Go Back to Where You Came From**

C4, 9pm

Six opinionated Brits put their opposing views on immigration to the test.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Wynne &...	9.00 Silent Witness	10.00 News; Local News	10.40 Have I...
102 BBC2	7.00 The Making of...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 The Balkans: Europe's Forgotten...	10.00 QI	10.30 Newsnight
103 ITV1	7.00 Emmerdale		8.00 Coronation Street		9.00 Out There	10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Jamie's £1 Wonders & Money-Saving...		9.00 Go Back to Where You Came From	10.00 First Dates	
105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Murder Suspect No 1		10.30 Casualty 24/7...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Transfer Deadline Day		

ENTERTAINMENT

115 BBC3	7.00 Gladiators		8.00 Celebrity Race Across the World		9.00 Boarders		10.35 Man in...
116 BBC4	7.00 Egyptian Journeys with Dan Cruickshank		8.00 Treasures of Ancient Egypt		9.00 Tutankhamun: The Truth Uncovered	10.00 70 Million Animal Mummies: Egypt's...	
118 ITV2	7.00 Family Fortunes: Celebrity Christmas...		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars	10.05 Family Guy	
136 MORE4	6.55 Car S.O.S.				9.00 Edward Vs George: The Windsors at...	10.00 8 Out of 10 Cats Does Countdown	
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox	10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Blue Bloods	10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	6.50 Billions		7.55 Game of Thrones		9.00 The White Lotus	10.10 The Gilded Age	
110 U&GOLD	6.40 Dad's Army		8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder II	10.00 The Office	10.40 Good...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL	10.00 Will & Ralf Should Know Better	
119 ITV3	6.55 Heartbeat		8.00 Midsomer Murders			10.00 Endeavour	
120 ITV4	6.55 River Monsters	7.30 EFL - Live: Middlesbrough v Sunderland (Kick-off 8.00)					10.25 Film: Rambo: First...
112 COMEDY CENTRAL	7.00 Friends				9.00 Impractical Jokers	10.00 Mr Bean	
139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own		9.00 Ted		
109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise	10.00 Father Brown	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 André Rieu: Wedding Special		9.00 Classical Pride 2024		10.30 Pavarotti...
132 U&W	7.00 Property Brothers: Family Flashback		8.00 Pete Wicks: For Dogs' Sake		9.00 Katie Piper's Face to Face	10.00 The Menendez Murders: Erik Tells All	

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Custom Carolina	10.00 Texas Metal	
162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 Killer Whales		9.00 Swimming with Monsters	10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 UFOs: Investigating the Unknown		9.00 Air Crash Investigation	10.00 Drain the Oceans	
123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 Mayhem! The Secret Lives of the...	10.00 Sex Mad Georgians	
155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Simon Reeve's South America		9.00 Villages by the Sea	10.00 Bangers & Cash: Restoring Classics	
121 SKY DOCS	7.00 The Loneliest Whale: The Search for 52				9.00 Six Silent Killings: Ireland's Vanishing Triangle		

FILMS - Sky Cinema

301 PREMIERE	6.10 I Saw the TV Glow		8.00 Furiosa: A Mad Max Saga			10.35 The Killer	
302 VALENTINE	6.00 Asteroid City		8.00 Valentine's Day			10.10 No Hard Feelings	
303 HITS	6.00 Mamma Mia!		8.00 Catch Me If You Can			10.25 The Wolf of Wall...	
304 GREATS	5.50 Back to the Future		8.00 Back to the Future Part II		9.50 Back to the Future Part III		
305 ANIMATION		7.15 The Adventures of Tintin: The Secret of the Unicorn			9.10 Batman Unlimited: Animal Instincts		
306 FAMILY		7.20 Zathura - A Space Adventure			9.10 Shazam! Fury of the Gods		
307 STUNTS	5.50 The Bourne Identity		8.00 Absolution			9.55 The Equalizer 3	
308 COMEDY	6.10 Ride Along 2		8.00 Disaster Movie		9.35 Snack Shack		
309 THRILLER	6.30 Some Other Woman		8.00 Ocean's Twelve			10.15 Changing Lanes	
310 DRAMA	6.20 The Boy in the Striped Pyjamas		8.00 Whiplash			10.00 What Dreams May Come	
311 SCI-FI	6.10 I Am Legend		8.00 Ghostbusters			10.00 Abigail	
313 FILM4	6.55 The Iron Lady				9.00 Deadpool 2		

SPORT

401 MAIN EVENT	6.30 MNF - Live: Chelsea v West Ham United (Kick-off 8.00)					10.30 Transfer...	
402 PREMIER LEAGUE	6.30 MNF - Live: Chelsea v West Ham United (Kick-off 8.00)						
403 FOOTBALL	7.00 EFL - Live: Middlesbrough v Sunderland (Kick-off 8.00)					10.30 Transfer...	
404 CRICKET	7.00 SA20	8.00 ICC U19...	8.30 Women's ICC...	9.00 SA20			
410 TNT SPORTS 1	6.00 Ultimate Pool - Live: Coverage of Group 5 of the Champions League			9.30 Fight Week	10.00 UEFA Magazine	10.30 UEFA Europa...	
411 TNT SPORTS 2	6.30 Serie A		8.30 UEFA Reload	9.00 Fishing: On the Bank	10.00 Vendee Globe...	10.30 UFC	



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt **New edition** (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 **NEW SERIES** The Big Idea Works
 1/16. Sara Davies helps aspiring inventors realise their ideas. (S)(AD)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country
New edition Hampshire. (S)
3.45 The Travelling Auctioneers
New edition Decluttering. (S)
4.30 **NEW SERIES** The Repair Shop on the Road From Aberfeldy. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



9.00 Silent Witness

- 7.00** The One Show
 Alex Jones and Roman Kemp present the topical show. (S)
7.30 EastEnders
 Cindy awaits news of vital evidence, Lauren refuses to let an injustice lie, and Priya's suspicions are piqued. (S)(AD)

- 8.00** Panorama: Britain's Mouldy Homes **New edition**
 Current affairs report. (S)
8.30 Wynne & Joanna: All at Sea **New edition** 2/6. Wynne Evans and Joanna Page head for Jo's hometown of Swansea. (S)(AD)
 ■ Entire series on BBC iPlayer

- 9.00** Silent Witness
New episode I Believe in Love – Part One: 9/10. Six people are killed when gunfire erupts from a restaurant. Nikki and Jack work to find the shooter before he kills again. (S28) (S)(AD)
 ■ Continues tomorrow

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Have I Got News for You
 4/10. Jack Dee hosts, with guests Emmanuel Sonubi and Dehenna Davison MP. (S)(R)
11.10 Bump **New episodes** 7/10. Oly finds her first big break at work is slipping away from her. (S)(AD)
11.40 8/10. It's two years later, and the family reunite at the house to pack up for a sale. (S5) (S)(AD)
 ■ Entire series on BBC iPlayer
12.10 AM **NEW TO BBC1** The Traitors US 1/12. A group of celebrities unite to embark on a game of detection, backstabbing and trust. Previously shown on BBC3. (S)
1.15 The Weakest Link (S)(R)
2.00 Weather for the Week Ahead (S)
2.05 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.05** AM The Travelling Auctioneers (R)
6.50 Sign Zone: The Repair Shop (R)
7.50 Match of the Day 2 (S)(R)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 Wild China (S)(R)(AD)
4.15 World's Weirdest Events A man who can see with his ears. (S)(R)
5.15 Flog It! From Norfolk. (S)(R)
6.00 Richard Osman's House of Games **New edition** Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson take part. (S)
6.30 Alison Hammond's Florida Unpacked **New edition** 6/15. Alison and Aidan hit Miami's Muscle Beach for a free workout. (S)(AD)
 ■ Entire series on BBC iPlayer



6.30 Alison Hammond's Florida...

- 7.00** **NEW** The Making of Bill Gates
 The rise to success of the Microsoft co-founder. (S)(AD)
7.30 Mastermind
New edition Tonight's specialist subjects include Harold Pinter and Rufus Wainwright. (S)

- 8.00** Only Connect
New edition The Introverts take on the Tea Totalers. (S)
8.30 University Challenge
New edition Amol Rajan hosts as the second round of the quiz comes to an end. (S)

- 9.00** **NEW SERIES** The Balkans: Europe's Forgotten Frontier 1/2. BBC's Europe editor Katya Adler travels to Croatia, Bosnia and Albania, to see how this corner of Europe has changed 30 years on from the Yugoslav wars of independence. (S)(AD)

- 10.00** QI
New edition Sandi Toksvig is in search of victory with panellists Rob Beckett, Daliso Chaponda, Lara Ricote and Alan Davies. (S)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 **FILM** Mr. Jones Fact-based drama starring James Norton and Vanessa Kirby. In 1933, a Welsh journalist travels to Moscow to interview Stalin, but instead uncovers a devastating famine in Ukraine. (S) (2019, 15, 115min) ★★ ★★
1.00 AM Sign Zone: Countryfile (S)(R)
1.55 Sign Zone: The Last Musician of Auschwitz (S)(R)(AD)
3.25 Sign Zone: Silent Witness (S)(R)
4.25 to **6.30** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Tipping Point: Best Ever Finals
 Compilation of some of the show's most dramatic endgames. (S)(R)
2.30 Pictionary **New edition** Mel Giedroyc is joined by Jeanette Kwakye and Eddie Kadi. (S)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition**
 Stephen Mulhern hosts as Nay Nay takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



9.00 Out There

- 7.00** Emmerdale
 Marlon and Rhona have some big news, while Cain denies Caleb's accusation, and Kim is suspicious. (S)(AD)

- 8.00** Coronation Street
 David contacts Andy to finalise their plan as Sarah celebrates her birthday at the bistro. Steve rejects Leanne's advances, Abi suffers a panic attack and lashes out at Toyah, while a fire takes hold at Number Eight. (S)(AD)

- 9.00** Out There
Series finale 6/6. Nathan strategises to thwart Crowther's investigation, get rid of Kenny's body, and collect Turuk's drug shipment. (S1) (S)(AD)
 ■ Entire series on ITVX

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 Fred and Rose West: Reopened
 2/2. The investigative team's discovery of evidence beneath a cafe in Gloucester leads police to take over the search, and two other suspicious sites are revealed. (S)(R)(AD)
11.40 Heathrow: Britain's Busiest Airport 1/12. As the COVID-19 pandemic grips the nation, cameras follow life at Heathrow, as depleted staff members fight to keep the airport going. (S)(R)(AD)
12.05 AM Teleshopping
3.00 Lingo Quiz show. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers 3-5/28. (S11) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 20-23/24. (S3) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Florida. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun
New edition Hoteliers Jo and Ken hope to boost their business. (S)
5.00 Four in a Bed **New edition**
 The competition kicks off at 38 St Giles in Norwich. (S)
5.30 Come Dine with Me **New edition**
 Project manager Lauren hosts the first dinner party in Glasgow. (S)
6.00 A Place in the Sun **New edition**
 A couple search for the perfect holiday home near Marbella. (S)



10.00 First Dates

- 7.00** News (S)

- 8.00** Jamie's £1 Wonders & Money-Saving Meals
New edition 5/6. Jamie Oliver shows how to make a budget stretch further by using the store cupboard, as he creates a no-cook pasta sauce and a peperonata stew. (S)(AD)

- 9.00** **NEW SERIES** Go Back to Where You Came From 1/4. Documentary following six people with strong opposing views of immigration as they visit some of the world's most dangerous cities to put their opinions to the test. (S)(AD)

- 10.00** **NEW SERIES** First Dates
 Visitors to the First Dates restaurant include a woman who has never had a boyfriend and has recently recovered from a long illness, and two strangers who bond over a mutual love of chocolate. (S)(AD)
11.05 The Killer Nanny: Did She Do It? 1-3/3. Documentary series re-examining the trial of Louise Woodward 25 years on. (S)(R)(AD)
1.55 AM Ramsay's Hotel Hell Gordon Ramsay visits a dog-friendly hotel in Vermont that is in urgent need of help. (S)(SL)(R)(AD)
2.45 Hollyoaks Omnibus (S)(SL)(R)
3.55 Find It, Fix It, Flog It (S)(R)
4.05 Frasier 8-11/24. (S1) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S9) (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.20 FILM Don't Steal My Husband
 Thriller starring Christie Burson and Lily Anne Harrison. (S)(AD) (2020, 12, 100min) ★★
4.00 Bargain-Loving Brits in the Sun
 New edition Alan and Sue host a family fun day to raise funds for a dog rescue centre. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life
 Emmerdale actors Dean Andrews and Liam Fox investigate how Wensleydale cheese is made. (S)(R)
6.55 News (S)

NEW



9.00 Murder: Suspect No 1

- 7.00 Police Interceptors**
 New edition Officers pursue a car with false number plates, as three suspects attempt to make a quick getaway. (S)
7.55 News (S)

- 8.00 Traffic Cops**
 New edition Officers launch a drink-driving crackdown, with one motorist crashing his car while trying to escape and another being pursued by the police in a high-speed chase. (S)
9.00 NEW SERIES Murder: Suspect No 1
 Following one of Britain's top homicide teams at work on a series of violent murder investigations, beginning with a savage axe attack on a woman in broad daylight. (S)

- 10.30 Casualty 24/7: Every Second Counts**
 Paediatric sister Jemma Wray treats two critically-ill children, and nurse Will Gibbons looks after a 28-year-old patient who has been in a motorbike accident. (S)(R)

- 11.30 999: Critical Condition**
 A builder falls through a roof and needs urgent treatment. (S)(R)
12.25 AM Traffic Cops (S)(R)
1.25 PlayOJO Live Casino Show (S)
1.25 Hotel Chocolat: Unwrapped
 A look behind the scenes. (S)(R)
4.10 Escape to the Farm
 with Kate Humble (S)(R)
5.00 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Orangutan Jungle School (R)
12.00 NOON Supergirl (S6) (S)(R)
1.00 PM S.W.A.T. (S5&6) (S)(R)(AD)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 7/15. (S5) (S)(R)
5.00 The Simpsons Frinkenstein's Monster
 Professor Frink helps Homer land a new job. (S)(R)
5.30 Do the Wrong Thing
 Bart and Homer become kings of the blue-collar sports circuit. (S)(R)
6.00 The Office (US) 7/26
 Cecelia's christening arrives, but the occasion is overcrowded. (S)(R)
6.30 8/26
 Gabe invites his co-workers round to his house to watch *Glee*. (S7) (S)(R)



6.00 The Office (US)

- 7.00 The Simpsons**
 Lisa Gets an F: Lisa becomes a professional go-kart racer. (S)(R)
7.30 Clan of the Cave Mom
 A parenting disagreement becomes a life-or-death struggle for survival. (S)(R)

- 8.00 A League of Their Own 4/8**
 Sports-based comedy quiz, with host Romesh Ranganathan and team captains Jamie Redknapp and Jill Scott joined by guests Andy Murray, Alan Carr and Keely Hodgkinson. (R)

- 9.00 LIVE Transfer Deadline Day**
 Updates from the final moments of the football transfer window, as clubs look to add to their squads at the last opportunity.

- 12.00 MT Veep 1/10**
 On the night after the election, Selina finds a possible road to victory. (S)(R)
12.40 AM 2/10
 Selina brings in respected Washington figure Bob Bradley. (S5) (S)(R)(AD)
1.15 Brit Cops: Law & Disorder
 Credit card fraud. (S)(R)(AD)
2.10 Road Wars (S)(R)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 7/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
12.10am Scotcast (S)(R)
12.40 The Traitors US (S)
 (R) **1.45 The Weakest Link (S)(R)**
2.30 Weather for the Week Ahead (S)
2.35-6.00am BBC News (S)

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
8.00pm Anna Haugh's Big Irish Food Tour
 New edition (S) **8.30-9.00 Panorama**
 Britain's Mouldy Homes New edition (S) **10.40-11.10pm Wynne & Joanna**
 All at Sea New edition (S)

WALES
 Sky 965, Virgin 864, Freesat 965
8.00-8.30pm NEW SERIES
 The Six Nations Greatest Moments (S) **10.40-11.10pm Panorama**
 Britain's Mouldy Homes New edition (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
10.00-10.30pm NEW SERIES
 Giollaíonn Beirt Bóhair (S)

WALES
 Sky 968, Freesat 968
 No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cwyl 12.00noon
 Newyddion a'r Tywydd
12.05pm Cysgu O Gwmpas (AD)
12.30 Heno
1.00 Efaciwis (AD)
2.00 Newyddion a'r Tywydd
2.05 Prynhawn Da
3.00 Newyddion a'r Tywydd
3.05 Cyfrinachau'r Llyfrgell
4.00 Awr Fawr
5.00 Stwnsh
6.00 Bois y Pizza: Chwif Gwlad (AD)
6.30 Rownd a Rownd (AD)
6.57 Newyddion
7.00 Heno
 New edition **7.30**
 Newyddion a'r Tywydd
8.00 Gwladfa
 Gwilym Bowen Rhys New edition
8.25 Cegin Bryn
 Yn Ffrainc **8.55 Newyddion a'r Tywydd**
9.00 Ffermio
 New edition **9.30 Sgorio**
10.00 Troseddau Cymru
 Gyda Sian Lloyd (AD)
11.00-11.35pm Codi Hwyl

TV&Satellite week
 New issue on sale tomorrow

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Gladiators**
 A thrilling new event is unleashed.
7.55 The Catch Up
8.00 Celebrity Race Across the World 2/6
 The race from Brazil to southern Chile gets underway.
9.00 NEW SERIES Boarders
 1/6. Return of the comedy drama. Carol announces she is stopping two scholarships.
9.50 New episode 2/6
 Jaheim urgently tries to make money, but it ends in disaster. See feature, page 12. (S2)
 Entire series on BBC iPlayer
10.35 Man in the Arena: Tom Brady 7/10
 The quarterback and his sisters recount the challenges of the 2016 season.
11.30 8/10
 Tom enlists personal trainer Alex Guerrero to stay in peak physical condition.
12.20 AM In My Skin
1.20 Eating with My Ex
1.50 Ballers: Ball or Nothing
2.20 Dubai Hustle
2.50 Spud
 Comedy drama.
3.10 to 3.55 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's House of Craft**
 A tin-can dog.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY
 A 180-year-old wine barrel is turned into a quirky dining space.
5.50 Car S.O.S
 Tim Shaw and Fuzz Townshend restore a Porsche in terrible condition.
6.55 An Austin Healey
 is fixed up in Co Durham.
7.55 Car S.O.S
 Fuzz Townshend and Tim Shaw attempt to help refrigeration engineer Tim, whose life has been blighted by a cruel genetic condition, as they take on their first-ever Honda.
9.00 Edward Vs George: The Windsors at War 2/2
 Tension continues to simmer on the eve of World War Two, as King George VI and Queen Elizabeth make history as the first British monarchs to visit the USA.
10.00 8 Out of 10 Cats Does Countdown
 Jimmy Carr hosts as Alan Carr and Josh Widdicombe take on Joe Wilkinson and Sara Pascoe.

- 11.05 24 Hours in A&E**
1.15 AM 8 Out of 10 Cats Does Countdown
 As 10.00pm.
2.15 24 Hours in A&E
3.20 to 3.50 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Egyptian Journeys with Dan Cruickshank 5/6**
 The dark secrets of Rameses III's harem.
7.30 6/6
 A look at the civilisation's collapse.
8.00 Treasures of Ancient Egypt 3/3
 How the decline of the Egyptian Empire ran parallel with a creative revival.
9.00 Tutankhamun: The Truth Uncovered
 Dallas Campbell reveals new scientific research aimed at getting to the truth about the boy pharaoh's death at just 19.
10.00 70 Million Animal Mummies: Egypt's Dark Secret
 Technology is used to scan Egyptian animal mummies from museums across the world.
11.00 Tutankhamun's Egypt
12.00 MT Archaeology: A Secret History
1.00 AM Egyptian Journeys with Dan Cruickshank
2.00 Tutankhamun: The Truth Uncovered
 As 9.00pm.
3.00 to 4.00 AM Treasures of Ancient Egypt

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks
 Martha jeopardises family secrets.
7.30 Modern Family 12/18
 Kenneth visits with a surprise for Phil. (S11)
8.00 The Simpsons Flanders' Ladder
 Bart receives visits from revenge-seeking ghosts.
8.30 Clown in the Dumps
 Krusty the Clown appears on a TV comedy roast.
9.00 Celebrity Gogglebox
 Opinions on *The Yorkshire Vet* and *Dragons' Den*.
10.00 Gogglebox
 Appraisals of *Strictly Come Dancing*, *Love is Blind* and *Boiling Point*.
11.05 First Dates
12.10 AM Naked Attraction
1.15 Celebrity Gogglebox
2.20 Gogglebox
3.15 Teen First Dates
4.05 The Simpsons
4.30 Brooklyn Nine-Nine
4.55 to 6.00 AM Ramsay's Kitchen Nightmares USA

+1 hour 235/236 306 30 123

Monday

primetime

primetime



Twitter.com/TVSatelliteWeek

★★★★★ Excellent ★★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TV&Satellite Week 57

Sky Witness

107 807 110 341 356

- 6.00 AM **The Force: Manchester**
 7.00 **Motorway Patrol**
 8.00 **Border Patrol**
 9.00 **Border Security USA**
 10.00 **Border Security: Canada's Front Line** Double bill.
 11.00 **Bull** 20/22. (S6)
 12.00 **NOON FBI** 22/22. (S5)
 1.00 **PM FBI: International** (S2)
 2.00 **FBI: Most Wanted** 22/22. The team help Remy try to catch his brother's killer 25 years after Mikey was murdered. (S4)
 3.00 **Stop, Search, Seize**
 4.00 **Nothing to Declare**

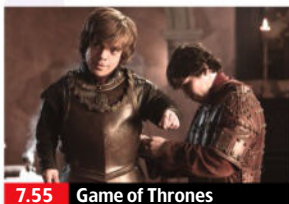


8.00 FBI

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Fish Town** Double bill.
 8.00 **The Sopranos** 7/8/21. (S6)
 10.10 **Billions** 5/8/12. (S4)
 12.20 PM **Game of Thrones** (S3)
 1.25 **Big Love** 3/8/12. (S1)
 3.35 **The Sopranos** 7/21. Tony decides to take a break from the hunt for Vito.
 4.40 8/21. AJ causes problems for his family. (S6)
 5.45 **Billions** 5/12. Axe is surprised by a visitor from his past.
 6.50 6/12. Taylor pursues a new business venture, and Axe uncovers a trap. (S4)



7.55 Game of Thrones

Sky Max

113/114 813 111 346 351

- 6.00 AM **S.W.A.T.** 20/21/22. (S5)
 8.00 **Supergirl** 17/20. (S6)
 9.00 **Stargate SG-1** 1/2/22. (S1)
 11.00 **Manifest** 2/13. (S3)
 12.00 **NOON Supergirl** 19/20. (S6)
 1.00 PM **S.W.A.T.** (S5&6)
 3.00 **NCIS: New Orleans** (S7)
 4.00 **MacGyver** 7/15. (S5)
 5.00 **Manifest** 1/13. Ben and Vance go on an international mission as they seek to finally solve the mystery of Flight 828. (S3)
 6.00 **Stargate SG-1** 1/22. Part one of two. Pilot episode of the sci-fi adventure series. (S1)



9.00 Ted

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
 9.00 **Totally Bonkers**
 Guinness World Records
 9.10 **World's Funniest Videos**
 10.00 **Secret Crush** Double bill.
 12.00 **NOON Dinner Date**
 1.00 PM **Supermarket Sweep**
 2.00 **Family Fortunes: Celebrity Christmas Special**
 3.00 **Charmed** 6/22. (S7)
 4.00 **Gilmore Girls** 5/22. (S4)
 5.00 **Dinner Date**
 6.00 **Celebrity Catchphrase** With Siobhan McSweeney, Charlie Brooks and Jimmi Harkishin.



6.00 Celebrity Catchphrase

ITV3

119 117 10 115

- 6.00 AM **Classic Emmerdale**
 7.00 **Classic Coronation Street**
 8.10 **A Touch of Frost**
 10.35 **The Royal Seeking Refuge**
 11.40 **Heartbeat** Double bill.
 1.40 PM **Classic Emmerdale**
 2.40 **Classic Coronation Street**
 3.40 **A Touch of Frost True Confessions**: A woman's body is pulled from the river, reminding Frost that he investigated the death of her husband's first wife years ago.
 5.55 **Heartbeat Old Masters**: Ashfordly Hall is robbed.



10.00 Endeavour

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **FBI Sacrifice**: 5/13. The team race to find the director of a migrant centre and his wife, who have been abducted. (S6)

9 PM

- 9.00 **Blue Bloods True Blue**: 4/20. Jamie investigates a bar used by the NYPD and FDNY to hide their criminal indiscretions. (S12)

10 PM

- 10.00 **Law & Order: Special Victims Unit** *Jumped In*: 10/22. Benson becomes the target of a gang leader. (S24)
 11.00 **The Rookie** 13/20. (S2)
 12.00 **MT Law & Order: Organized Crime** 3/8. (S1)
 1.00 AM **The Good Doctor** (S1)
 2.00 **Bull** 18/22. (S6)
 3.00 **The Rookie: Feds** 1/22. (S1)
 4.00 **Highway Patrol**
 5.00 to 6.00 AM **Road Wars**

+1 hour 207 310

- 7.55 **Game of Thrones Valar Dohaeris**: 1/10. Tyrion is after his just reward for the part he played in the Battle of Blackwater, while Daenerys arrives in Slaver's Bay. (S3)

- 9.00 **The White Lotus That's Amore**: 5/7. Tanya and Portia embark on a whirlwind excursion with Quentin and Jack. (S2)

- 10.10 **The Gilded Age** *Close Enough to Touch*: 5/8. Ada questions moving ahead without Agnes. (S2)

- 11.15 **Big Little Lies** 6/7. (S2)
 12.15 AM **In Treatment** (S1)
 12.55 **Game of Thrones As** 7.55pm.
 2.00 **NEW SERIES Mussolini: Son of the Century** 1/8. Italian drama. Subtitled. (S1)
 3.15 **Gomorrah**
 4.10 to 6.00 AM **Fish Town**

+1 hour 208/209

- 7.00 **Stargate SG-1** *Children of the Gods - Part Two*: 2/22. The team continue their search for Jackson's wife Sha're. (S1)

- 8.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz, with Andy Murray, Keely Hodgkinson and Alan Carr.

- 9.00 **Ted Loud Night**: 7/8. Matty's unorthodox Christmas wish is granted, completely up-ending the Bennett family dynamic.

- 10.00 **Ted He's Gotta Have It**: 8/8. Ted plots to help John lose his virginity. (S1)
 10.45 **From The Light of Day**: 5/10. Victor faces a painful reminder of his past. (S3)

- 11.55 **From** 6/10. Fatima and Ellis make a big decision about her pregnancy. (S3)
 1.00 AM **Warrior** 8/10. (S3)
 2.00 **Road Wars**
 3.00 **NCIS: New Orleans** (S7)
 4.00 **MacGyver** 7/15. (S5)
 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Family Fortunes: Celebrity Christmas Special** With Shirley Ballas, Vogue Williams and Spencer Matthews.

- 8.00 **Gordon Ramsay's Food Stars USA** *New edition* The entrepreneurs are tasked with innovating new chocolate products.

- 9.00 **Love Island: All Stars** *New edition* The fourth week has kicked off and the sparks are flying for our cast of singles.

- 10.05 **Family Guy** 18/20. Peter gets a new job as a brewery's night watchman.
 10.35 10/20. Stewie and Doug face off. (S21)
 11.05 **Family Guy** 11/20. The guys tell stories about their first true loves. (S21)
 11.35 **American Dad!** 3/23. (S1)
 12.05 AM 18/22. (S17)
 12.35 **Bob's Burgers** 5/8/22. (S10)
 1.35 **Iain Stirling's CelebAbility**
 2.20 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

- 6.55 **Heartbeat The Rivals**: Vernon Scripps spies an opportunity to make money by organising a beauty pageant.

- 8.00 **Midsomer Murders Fit for Murder**: John Nettles' final case as DCI Tom Barnaby sees him investigate murders at a country house while trying to unwind on a spa weekend. Guest stars Ronni Ancona and Geraldine James.

- 10.00 **Endeavour Girl**: When a GP is found dead in a lavatory, Morse's theories see him relegated to general duties.

- 12.00 **MT Wire in the Blood** 7/8/8. A killer targets homeless men in a series of ritualised murders that leaves Tony and his new Oxbridge-educated partner DI Andy Hall little to work on. (S6)
 1.50 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
 REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
 2.00 PM **Sign Zone: Money for Nothing**
 2.45 **Sign Zone: The Repair Shop on the Road**
 3.30 **Sign Zone: Grand Tours of Scotland's Rivers**
 4.00 **This Is BBC Scotland**
 7.00 **Reporting Scotland**
 7.30 **Icons of Football**
 8.00 **The Repair Shop on the Road** *New edition* Will and Kirsten restore a historic carriage.
 8.45 **Growing Up Scottish**
 9.00 **Show People: Licensed to Thrill** *New editions* 3/6. Christian Horne struggles to trade after two full days of rain.
 9.30 4/6. Christian's Freak Out ride plays up at Kirkcaldy Links Market.
 10.00 **Mark Nelson: Live from Dumfries** Stand-up.
 11.00 **Scotcast** *New edition*
 11.30 PM to 12.00 AM **MT Best of Chewin' the Fat**

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **Ballers** 8/8. (S5)
 8.45 **Sort Of** 3/8. (S1)
 9.10 **The Conners** (S3)
 10.00 **Silicon Valley** (S5)
 11.20 **High Maintenance** (S2)
 12.40 PM **Entourage** (S6)
 1.50 **Silicon Valley** (S5)
 3.15 **High Maintenance** (S2)
 4.35 **Ballers** 8/8. (S5)
 5.20 Mr Mayor 1/10. (S1)
 5.50 **The Office (US)** (S7)
 6.50 **The Conners** (S3)
 7.50 **Ballers** 2/8/8. (S5)
 9.00 **And Just Like That...** *There Goes the Neighbourhood*: 9/11. Carrie makes a decision.
 9.55 **The Last Supper - Part One**: *Appetizer*: 10/11. Carrie prepares to bid farewell to her apartment. (S2)
 10.50 **Real Time with Bill Maher** *New edition*
 12.00 MT **Veep** 1/2/10. (S5)
 1.30 AM **Sex and the City**
 2.45 **Flight of the Conchords**
 4.00 to 5.00 AM **In the Long Run**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **Battle of the Bagpipes** Documentary.
 7.00 **Anyone Can Sing**
 8.00 **The Joy of Painting**
 9.00 **Tales of the Unexpected**
 10.00 **Hitchcock Presents**
 11.00 **Discovering**
 12.00 **NOON Portrait Artist...**
 1.00 PM **Tales of the...**
 2.00 **Classic Literature & Cinema** Romance novels.
 3.00 **Discovering**
 4.00 **Classic Albums**
 5.00 **Portrait Artist 2020**
 6.00 **Tales of the Unexpected**
 7.00 **Alfred Hitchcock Hour**
 8.00 **Andre Rieu: Wedding Special**
 9.00 **Classical Pride 2024**
 10.30 **Pavarotti: The Duets - The Best of Pavarotti and Friends**
 12.05 AM **Wuthering Heights: Love, Hate & Vengeance**
 1.25 **Will's Book**
 2.45 **Jack B Yeats: The Man Who Painted Ireland**
 4.00 **The Eighties**
 5.00 to 6.00 AM **Auction**

Sky Mix

151 135 11 141

- 7.00 AM **Nothing to Declare**
 9.00 **Monkey Life**
 10.00 **Stop, Search, Seize**
 11.00 **Highway Patrol**
 12.00 **NOON Motorway Patrol**
 1.00 PM **Border Patrol**
 2.00 **Monkey Life**
 3.00 **Nothing to Declare**
 4.00 **Star Trek: The Next Generation** 21/26. (S6)
 5.00 **Stargate Atlantis** (S1)
 6.00 **Star Trek: Deep Space Nine** 15/26. (S7)
 7.00 **Star Trek: Voyager The Gift**: 2/26. (S4)
 8.00 **Hawaii Five-0** (S7)
 9.00 **SEAL Team** (S4)
 11.00 **Britain's Most Evil Killers** Harold Shipman, one of the most prolific serial killers in history.
 12.00 **MT Snapped**
 1.00 AM **Nothing to Declare**
 2.00 **Brit Cops: Rapid Response** Documentary.
 3.00 **Highway Patrol**
 4.00 **Border Patrol**
 5.00 to 6.00 AM **Highway Cops**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
 7.40 **Backyard Builds** *New edition* DIY series.
 8.10 **Olivia Meets Her Match**
 9.10 **Ainsley's Taste of Malta**
 10.10 **Buying and Selling**
 11.10 **The Real Housewives of Beverly Hills**
 12.05 PM **Olivia Meets Her...**
 1.05 **Only Way Is Essex**
 2.05 **Dinner Date**
 3.10 **Scott's Vacation House Rules** *Series finale*
 4.05 **The Real Housewives of Beverly Hills**
 5.00 **The Real Housewives of New Jersey** *New edition*
 6.00 **Buying and Selling**
 7.00 **John and Lisa's Food Trip Down Under**
 8.00 **Dinner Date**
 9.00 **Emergency Nurses**
 10.00 **The Real Housewives of Orange County**
 10.55 **The Real Housewives Ultimate Girls' Trip**
 12.00 MT **Only Way Is Essex**
 1.00 to 1.30 AM **Backyard...**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Diagnosis Murder**
 10.00 **Father Dowling** *Mysteries* 8/13. (S2)
 11.00 **Sue Thomas: F.B.Eye**
 12.00 **NOON Hart to Hart**
 2.00 PM **Father Dowling** *Mysteries* 13/13. (S2)
 3.00 **Diagnosis Murder**
 5.00 **Murder, She Wrote**
 7.00 MT **A'S'H** 8-11/20. (S9)
 9.00 **Randall and Hopkirk (Deceased)** *Murder Ain't What It Used to Be*: 7/26. The ghost of a gangster settles old scores. (S1)
 10.00 **The New Avengers** *K Is for Kill: Part Two - Tiger by the Tail*: 9/13. Steed fears the start of World War Three. (S2)
 11.00 **The Persuaders!** (S1)
 12.00 MT **M'A'S'H** (S9)
 2.00 AM **Randall and Hopkirk (Deceased)**
 3.00 **The Persuaders!** (S1)
 4.00 **Highway to Heaven**
 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
- 7.00 The Professionals
- 8.10 Return of Sherlock Holmes
- 9.20 Magnum, PI
- 10.20 Kojak
- 11.25 BattleBots
- 12.25 PM Return of Sherlock Holmes Murder mystery.
- 1.35 Magnum, PI
- 2.40 Kojak
- 3.45 Minder
- 4.50 The Professionals
- 5.55 BattleBots **New edition**
- 6.55 River Monsters



4.50 The Professionals

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 12/26. (S3)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 2/26. (S6)
- 2.00 Warehouse 13 8/13. (S2)
- 3.00 Stargate SG-1 14/20. (S8)
- 4.00 Star Trek: Voyager (S2)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 12/26. Dr Crusher is kidnapped by a radical terrorist group. (S3)



4.00 Star Trek: Voyager

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S9)
- 9.00 Father Brown
- 10.00 Miss Scarlet and the Duke
- 11.00 Hudson & Rex 6/16. (S3)
- 12.00 NOON The Mentalist (S4)
- 1.00 PM Death in Paradise (S4)
- 2.00 Murdoch Mysteries (S9)
- 4.00 Miss Scarlet and the Duke 3/6. Eliza recalls her first meeting with the Duke. (S4)
- 5.00 Hudson & Rex 6/16. A young woman is abducted from the place her friend was murdered two years earlier. (S3)
- 6.00 Father Brown As 10.00pm.



8.00 White Collar

U&Gold

110/111 810 124 344 359

- 7.25 AM Only Fools and Horses
- 9.20 The Green Green Grass
- 10.00 Are You Being Served?
- 10.40 Porridge
- 11.20 Last of the Summer Wine
- 12.40 PM The Green Green Grass
- 1.20 Open All Hours
- 2.00 Dad's Army
- 2.40 Porridge
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.20 The Green Green Grass
- 6.00 Are You Being Served?
- 6.40 Dad's Army



10.00 The Office

U&Dave

111/112 811 127 19 157

- 7.10 AM Gassed Up
- 8.00 Special Ops: To Catch a Criminal Double bill.
- 10.00 Extreme Fishing with Robson Green Double bill.
- 12.00 NOON American Pickers
- 2.00 PM Guy's Garage
- 3.00 Top Gear Double bill.
- 5.00 Hairy Bikers' Best of British Si King and Dave Myers explore Mediterranean cuisine.
- 6.00 Rick Stein's Secret France Rick arrives in Perigord, famous for black truffles, walnuts and duck dishes.



10.00 Will & Ralf Should Know...

- 7.30 **LIVE** Football: EFL Middlesbrough v Sunderland: Hugh Wozenecroft presents coverage of the Championship match between the local rivals staged at the Riverside Stadium. With commentary by Seb Hutchinson and Lucy Ward. Kick-off is at 8.00.

- 10.25 **FILM** Rambo: First Blood Part II Adventure sequel starring Sylvester Stallone. Vietnam vet John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. (1985, 15, 96min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.15 AM Auf Wiedersehen, Pet
- 2.10 to 3.00 AM Two and a Half Men

+1 hour 220 318 118

- 7.00 Warehouse 13 Merge with Caution: 8/13. Claudia joins Artie on a case involving an object of seduction. (S2)

- 8.00 Stargate SG-1 Full Alert: 14/20. The American and Russian governments fall out, and Chekov brings O'Neill bad news. (S8)

- 9.00 Grimm Bigfeet: 21/22. Hank and Nick investigate an attack on a farmer's horses which puts them on the trail of Bigfoot. (S1)

- 10.00 The Walking Dead Sick: 2/16. Rick and the others collaborate with the new group of survivors. (S3)

- 11.00 SurrealEstate 7/10. A dangerous demon possesses one of the team.
- 12.00 MT 8/10. The team's reputation is damaged by a TV expose. (S1)

- 1.00 AM True Blood 7&8/12. Double bill of the drama. (S1)
- 3.00 Room 104 7&8/12. (S3)
- 4.00 to 6.00 AM Most Haunted

- 7.00 The Mentalist Always Bet on Red: 11/24. The team discover a murdered lawyer had ties to a mob boss. (S4)

- 8.00 White Collar Checkmate: 11/16. Neal must reveal the truth about the stolen painting to Peter when Elizabeth is abducted. (S3)

- 9.00 Death in Paradise Damned If You Do: 3/8. The president of a military re-enactment society dies mid-battle. (S4)

- 10.00 Father Brown The Menace of Mephistopheles: Goodfellow witnesses Mallory frame an innocent man for murder.

- 11.00 The Mentalist As 7.00pm.
- 12.00 MT White Collar As 8.00pm.
- 1.00 AM CSI: Vegas 16/21. Sonya is exposed to a mysterious poison. (S2)

- 1.55 So Help Me Todd 6/21. (S1)
- 2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

- 7.20 Dad's Army Mainwaring's platoon guard a captured German U-boat crew. Guest stars Philip Madoc.

- 8.00 The Good Life Barbara is left to harvest the crops on her own.

- 8.40 The Thin Blue Line College students cause chaos during their rag-week fundraiser.

- 9.20 Blackadder II Edmund is appointed Lord High Executioner.

- 10.00 The Office David and Finchy resolve to beat Tim and Ricky at the annual quiz night.

- 10.40 The Good Life As 8pm.
- 11.15 The Thin Blue Line
- 11.55 Blackadder II As 9.20pm.
- 12.30 AM The Office As 10.00pm.
- 1.10 The Real McCoy With Angie Le Mar and Lennox Lewis.
- 1.50 The Thin Blue Line
- 2.35 Blackadder II As 9.20pm.
- 3.05 to 4.00 AM The Office

+1 hour 210/211 324

- 7.00 Would I Lie to You? With Dave Gorman, Omid Djalili, Davina McCall and Janet Street-Porter.

- 7.40 Richard Osman's House of Games With Shazia Mirza and Jake Wood.
- 8.20 With Kemah Bob, JJ Chalmers, Kevin Clifton and Victoria Derbyshire.

- 9.00 QI XL Sean Lock, Rob Brydon and Ben Miller join regular panellist Alan Davies and host Stephen Fry to discuss the future.

- 10.00 Will & Ralf Should Know Better Actors and friends Will Mellor and Ralf Little explore modern life.

- 11.00 8 Out of 10 Cats
- 12.00 MT Mock the Week
- 12.40 AM Would I Lie to You?
- 2.00 Jamali Maddix: Follow the Leader
- 2.45 Two Pints of Lager and a Packet of Crisps
- 3.30 to 4.00 AM Meet the Richardsons

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Kirstie and Phil's Love It or List It
- 10.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location From London.
- 7.00 A Place in the Sun
- 7.45 The Great Pottery Throw Down The potters create a set of shop fronts that fill them with happy memories.
- 9.00 24 Hours in A&E An 18-year-old suffering a cardiac arrest is rushed in.
- 10.00 A 21-year-old is rushed in after a motorbike accident.
- 11.00 Celebrity Gogglebox
- 12.05 AM Gogglebox
- 1.05 Go Back to Where You Came From
- 2.05 Grand Designs
- 3.05 Jamie's 11 Wonders & Money-Saving Meals
- 4.05 to 5.00 AM Sarah Beeny's New Life in the Country

5USA

141/169 120/162 21 129

- 9.00 AM NCIS 2-4/24. (S8)
- 12.00 NOON Law & Order
- 6.00 PM NCIS Out of the Frying Pan: 18/24. Homicide police hand over a case to NCIS.
- 7.00 Tell-All: 19/24. A cryptic message found at a murder scene.
- 8.00 Two-Faced: 20/24. The investigators worry Gibbs is about to leave the NCIS again. (S8)
- 9.00 New episode Lifeline: 3/10. The team experience fresh views during 'Walk-a-Mile in My Shoes' day. (S21)
- 10.00 Law & Order: Special Victims Unit Father's Shadow: 13/23. A reality show producer is jailed for sexual assault. (S13)
- 11.00 Law & Order: Special Victims Unit (S13)
- 1.55 AM Criminal Minds
- 2.50 New York Undercover
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 Car Pound Cops
- 6.00 Home and Away
- 7.00 GPs: Behind Closed Doors Medical series.
- 8.00 Casualty 24/7: Every Second Counts Paediatric sister Jemma Wray treats two critically-ill children.
- 9.00 Ambulance: Code Red A young boy is run over on his way to school.
- 10.00 Call the Bailiffs: Time to Pay Up Following the work of High Court enforcement agents.
- 11.00 Skin A&E
- 12.00 MT A&E After Dark
- 1.00 AM Dexter (S1)
- 3.05 to 4.00 AM Home and Away

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Outback Truckers
- 10.00 Traffic Cops
- 11.00 Police Interceptors
- 11.55 **FILM** The Four Musketeers Comedy adventure sequel. (1974, PG, 105min) ★★★
- 2.05 PM The Gambler Musical drama.
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors
- 7.00 Motorway Cops: Catching Britain's Speeders Documentary.
- 8.00 Rescue 999: Seconds to Save a Life
- 9.00 Monsters of the Deep: 20,000 Leagues Under the Sea
- 10.00 **FILM** The Glimmer Man Crime action thriller. (1996, 18, 91min) ★
- 12.00 MT Ice Cold Catch
- 12.55 AM Extreme Tow Truckers Documentary.
- 1.55 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: The Big Build
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: The Big Build
- 7.00 Property Brothers: Family Flashback
- 8.00 Pete Wicks: For Dogs' Sake Pete travels to Northern Ireland to pick up three stray dogs.
- 9.00 Katie Piper's Face to Face Katie invites women with facial conditions to London's Harvey Nichols store for a special makeover.
- 10.00 The Menendez Murders: Erik Tells All
- 11.00 Red Flag Documentary.
- 12.00 MT Stacey Dooley Sleeps Over
- 1.00 AM Celebrity MasterChef Australia
- 2.25 to 3.00 AM Date Night

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.15 AM All Creatures Great and Small
- 8.05 Doctors
- 9.15 Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.20 Bergerac
- 4.30 All Creatures Great and Small
- 5.30 The Upper Hand
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 The Brokenwood Mysteries Blood Pink: 4/4. Mike's favourite country musician is found electrocuted. (S2)
- 10.00 New Tricks The Truth Is Out There: A conspiracy theory implicates the American government in a journalist's death.
- 11.20 Bergerac
- 12.30 AM Lovejoy
- 2.45 to 4.00 AM Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Florida.
- 7.00 Teleshopping
- 8.00 Salvage Hunters
- 11.00 A Place in the Sun
- 1.00 PM Money for Nothing
- 3.00 Antiques Road Trip
- 5.00 The Derbyshire Auction House
- 7.00 Celebrity Antiques Road Trip Tim Vine and Ricky Grover hunt for antiques in Scotland.
- 8.00 Felicity Montagu and Clare Holman search for antiques.
- 9.00 The Yorkshire Auction House **New edition** A battalion of Action Man toys end up in a bidding war as they go under Angus's gavel.
- 10.00 The Yorkshire Auction House Double bill.
- 12.00 MT Celebrity Help! My House Is Haunted
- 2.00 AM Teleshopping
- 4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
- 8.00 Outback Opal Hunters
- 9.00 Deadliest Catch
- 11.00 Homestead Rescue: Raney Ranch
- 1.00 PM Aussie Gold Hunters
- 3.00 Yukon Gold Double bill.
- 5.00 Alaskan Bush People
- 7.00 Deadliest Catch Josh fights to get home for a reunion with his brother.
- 8.00 The Cornelia crew members fight to save their gear from sea ice.
- 9.00 Naked and Afraid XL The extreme heat forces one survivalist to leave the challenge.
- 10.00 Naked and Afraid: Alone All-Star survivalist Gary Golding takes on the Belize jungle alone.
- 11.00 Aussie Gold Hunters
- 12.00 MT Naked and Afraid
- 2.00 AM Teleshopping
- 5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
- 8.00 A Place in the Sun
- 10.00 Escape to the Country
- 12.00 NOON My Lottery Dream Home
- 2.00 PM A Place in the Sun
- 3.00 Escape to the Country
- 5.00 A Place in the Sun
- 8.00 Escape to the Country
- 9.00 Unsellable Houses **New edition** Lyndsay Lamb and Leslie Davis turn a military family's rental cottage into a stylish starter home.
- 10.00 Celebrity IOU Drew Barrymore calls on Jonathan and Drew to gift her best friend with a life-changing renovation.
- 11.00 Home Town A pastor searches for a property.
- 12.00 MT Good Bones
- 1.00 AM Building Alaska
- 2.00 Flip or Flop Double bill.
- 3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
- 10.00 The Crystal Maze
- 11.00 Through the Keyhole
- 12.00 NOON Tenable
- 1.00 PM Family Fortunes
- 3.00 Catchphrase
- 4.00 Blockbusters
- 5.00 The Crystal Maze Game show hosted by Richard O'Brien.
- 6.00 Through the Keyhole
- 7.00 Tenable Quiz show.
- 8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
- 10.00 Tenable Warwick Davis hosts as five family members from Birmingham attempt to answer questions about top 10 lists.
- 11.00 Bullseye Double bill of the darts-based quiz.
- 12.00 MT Bridge of Lies Quiz hosted by Ross Kemp.
- 1.00 AM The Crystal Maze
- 2.00 The Chase Double bill.
- 4.00 Tenable Quiz show.
- 5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM French Adventure
- 7.00 The Pioneer Woman
- 9.00 The Hairy Bikers' Mediterranean...
- 10.00 The Hairy Bikers' Mississippi Adventure
- 11.00 Great British Bake Off
- 1.00 PM Rick Stein's Food...
- 2.00 French Adventure
- 3.00 The Pioneer Woman
- 5.00 The Hairy Bikers' Mediterranean Adventure In Valencia.
- 6.00 The Hairy Bikers' Mississippi Adventure
- 7.00 Great British Bake Off
- 9.00 Rick Stein's Food Heroes Double bill.
- 10.00 Adam Richman Eats Football **New edition** Britain Pork pies.
- 10.30 Adam Richman Eats Britain Pork pies.
- 11.00 Diners, Drive-Ins and Dives Four editions.
- 1.00 AM Man v Food
- 2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Couponing
- 8.00 Flip or Flop
- 9.00 Say Yes to the Dress
- 11.00 My 600lb Life
- 12.00 NOON Dr Pimple Popper Medical series.
- 1.00 PM sMothered
- 2.00 Return to Amish
- 3.00 Outdaughters: Busby Quints Double bill.
- 5.00 My 600lb Life
- 6.00 Dr Pimple Popper
- 7.00 7 Little Johnstons
- 8.00 The Family Chantel
- 9.00 Baylen Out Loud **New edition**
- 10.00 My Big Fat Fabulous Life **New edition** Whitney heads to Spain.
- 11.00 Sex Sent Me to the ER
- 12.00 MT Monsters Inside Me
- 1.00 AM Strange Love
- 2.00 My Big Fat Fabulous Life
- 3.00 Sex Sent Me to the ER
- 4.00 The Family Chantel
- 5.00 to 6.00 AM Extreme Couponing

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM Wild West Chronicles Western.
- 8.40 **FILM** Loophole Drama. (1980, PG, 105min) ★★
- 11.00 The High Chaparral
- 12.00 NOON Wanted: Dead or Alive Double bill.
- 1.00 PM **FILM** Angel and the Badman Western. (1947, b/w, U, 100min) ★★
- 3.20 **FILM** Abilene Town Western drama. (1946, b/w, 15, 91min) ★★
- 5.30 Wanted: Dead or Alive
- 7.00 The High Chaparral
- 8.00 The Avengers (S5)
- 9.00 **FILM** Tears of the Sun Wartime action drama starring Bruce Willis. (2003, 15, 121min) ★
- 11.30 **FILM** Renegades Action adventure. (2017, 15, 106min) ★★
- 1.45 AM **FILM** San Andreas Mega Quake Thriller. (2019, 12, 87min) ★★
- 3.40 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 15/25. (S2)
- 9.00 Six Million Dollar Man
- 10.00 T.J. Hooker 9/22. (S3)
- 11.00 **FILM** Moby Dick Thriller. (2010, 12, 87min) ★★
- 1.00 PM **FILM** Triple Cross Fact-based spy thriller. (1966, PG, 126min) ★★
- 3.30 **FILM** The Creature Walks Among Us Thriller sequel. (1956, b/w, PG, 75min) ★★
- 5.00 Star Trek 14/30. (S1)
- 6.00 T.J. Hooker 10/22. (S3)
- 7.00 Six Million Dollar Man
- 8.00 Walker, Texas Ranger
- 9.00 **FILM** The Hunted Martial arts thriller. (1995, 18, 105min) ★★
- 11.10 **FILM** A Reason to Live, A Reason to Die Spaghetti Western. (1972, PG, 92min) ★★
- 1.00 AM **FILM** Fighting Back Thriller. (1982, 15) ★★
- 2.55 to 4.45 AM **FILM** Await Further Instructions Horror. (2018, 15) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
- 9.00 New Girl 17/18/23. (S3)
- 10.00 Home Improvement
- 12.00 NOON Last Man Standing 13/14/21. (S9)
- 1.00 PM Friends (S1&2)
- 7.00 Friends 6/24. Monica inadvertently poisons Ross. Guest stars Chrissie Hynde.
- 7.30 7/24. Rachel confesses all to Ross.
- 8.00 8/24. Ross draws up a list of Rachel's good and bad points.
- 8.30 10/24. Joey lands a part in a soap. (S2)
- 9.00 Impractical Jokers
- 10.00 Mr Bean Double bill.
- 11.00 Drunk History
- 12.00 MT Jack Dee: So What?
- 1.00 AM Beavis and Butt-Head (S3)
- 2.00 Reno 911! (S2)
- 2.55 Lost Voice Guy: Cerebral LOLsy
- 4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** Garage Sale Mystery Crime drama. (2013, PG, 90min) ★★
- 10.55 **FILM** The Nanny Betrayal Crime thriller. (2018, 12, 90min) ★★
- 1.00 PM **FILM** Gone Daughter Gone Thriller. (2020, PG, 87min) ★★
- 3.00 **FILM** Wish You Were Dead Crime thriller. (2017, PG, 90min) ★★
- 5.00 **FILM** A Woman Deceived Thriller. (2017, 12, 90min) ★★
- 7.05 **FILM** Earthfall Thriller. (2015, 12, 89min) ★★
- 9.00 **FILM** Aliens Sci-fi horror sequel. (1986, 15, 137min) ★★
- 12.00 MT **FILM** Ghosts of Mars Sci-fi thriller. (2001, 15, 97min) ★★
- 2.05 AM **FILM** April's Flowers Crime thriller. (2019, 15, 86min) ★★
- 4.00 to 6.00 AM **FILM** Vows of Deceit (2018, 12) ★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM Frank Herbert's Children of Dune
- 8.00 **FILM** Jetstream Thriller. (2012, 12, 88min) ★★
- 10.00 Farscape 12/22. (S1)
- 11.00 **FILM** Battle Star Wars Sci-fi action drama. (2020, 12, 86min) ★
- 1.00 PM **FILM** The Shape of Things to Come Drama. (1979, 15, 94min) ★★
- 3.00 Farscape 12/22. (S1)
- 4.00 Star Trek 22/30. (S1)
- 5.00 Frank Herbert's Children of Dune
- 7.00 Farscape 14/22. (S1)
- 8.00 Star Trek 23/30. (S1)
- 9.00 **FILM** Ransom Thriller starring Sean Connery and Ian McShane. (1974, PG, 98min) ★★
- 10.55 **FILM** An American Werewolf in Paris Horror thriller sequel with Tom Everett Scott. (1997, 15, 102min) ★★
- 1.00 to 3.00 AM **FILM** Ransom As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
- 7.00 Teleshopping
- 9.00 Impractical Jokers: Filming with the Stars
- 9.30 Impractical Jokers: Sideline Smack Talk
- 10.00 Becker 11 & 12/13. (S6)
- 11.00 Friends (S2&3)
- 1.00 PM Criminally Funny
- 2.30 Impractical Jokers
- 3.00 Whose Line Is It Anyway? USA
- 4.00 New Girl 17/18/23. (S3)
- 5.00 Becker 11 & 12/13. (S6)
- 6.00 Home Improvement
- 8.00 Last Man Standing
- 9.00 Whose Line Is It Anyway? USA
- 10.00 Friends 18-23/24. (S1)
- 1.00 AM The Ren & Stimpy Show 5/6/6. (S1)
- 2.00 Key & Peele
- 3.00 Guessable?
- 3.45 Lee Evans: The Ultimate Experience
- 5.10 Modern Horror Stories
- 5.15 to 6.00 AM Home Improvement

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

GREAT! romance

319 424 52

- 8.10 AM **FILM** Baked with a Kiss Romantic comedy. (2022, PG, 95min) ★★
- 10.15 **FILM** Recipe for Love Comedy. (2014, PG) ★★
- 12.10 PM **FILM** Love on Repeat As 11.55pm.
- 2.00 **FILM** Her Pen Pal Drama. (2021, PG) ★★
- 3.55 **FILM** Accidentally in Love Romantic comedy. (2021, PG, 88min) ★★
- 6.05 **FILM** Snapshot of Love Romantic drama. (2022, PG, 85min) ★★
- 8.00 **FILM** South Beach Love Romantic comedy. (2021, PG, 83min) ★★
- 9.55 **FILM** Just for the Summer Drama. (2020, PG, 90min) ★★
- 11.55 **FILM** Love on Repeat Romantic comedy. (2019, PG, 81min) ★★
- 1.55 AM Highway to Heaven
- 3.00 to 5.00 AM **FILM** The Dating List Comedy. (2019, PG, 90min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real Deal From Wiltshire.
- 6.40 Pawn Stars
- 7.30 Auction Hunters
- 7.55 Storage Wars
- 8.55 Hardcore Pawn
- 10.15 Evidence of the...
- 11.10 Strange Evidence
- 12.10 PM What on Earth?
- 1.05 Secrets in the Sand
- 2.05 Pawn Stars
- 3.05 Storage Wars: Texas
- 4.00 Ancient Aliens
- 6.00 Evidence of the Unexplained
- 7.00 Storage Wars
- 8.00 Dickinson's Real Deal
- 9.00 The Curse of Oak Island
- 10.00 Secrets in the Ice
- 11.00 Secrets of the Lost Liners Costa Concordia.
- 12.00 MT Deadman's Curse
- 1.00 AM Evidence of the...
- 2.00 Strange Evidence
- 3.00 Hardcore Pawn
- 3.25 Salvage Kings
- 4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
- 8.00 Four Weddings
- 9.50 Highway Patrol
- 11.00 Border Patrol
- 12.00 NOON The Rookie (S3)
- 2.00 PM The Real A&E
- 3.00 Manifest 9/13. (S3)
- 4.00 Border Patrol
- 5.00 Highway Patrol
- 6.00 The Flash 8/18. (S7)
- 7.00 MacGyver Skyscraper - Power: 20/23. A billionaire's son from his Shanghai skyscraper. 8.00 Wind and Water: 21/23. Angus is taken hostage. (S2)
- 9.00 The Force: Manchester
- 11.00 For Life 6/10. (S2)
- 12.00 MT Road Wars
- 1.00 AM The Russell Howard Hour
- 2.00 A League of Their Own
- 3.00 Duck Quacks Don't Echo With Amir Khan.
- 4.00 Four Weddings
- 5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
- 9.00 Space 1999 13/24. (S1)
- 10.00 A Fine Romance (S4)
- 10.30 Watching 9/11. (S5)
- 11.00 Diff'rent Strokes (S1)
- 11.30 I Dream of Jeannie (S1)
- 12.00 NOON Shine on Harvey Moon 2/9. (S3)
- 1.00 PM Department S (S2)
- 2.00 The Fantastic Journey
- 3.00 Arthur C Clarke
- 4.00 Stereo Underground
- 5.00 Diff'rent Strokes (S1)
- 5.30 Watching 9/11. (S5)
- 6.00 I Dream of Jeannie (S1)
- 6.30 Married... with Children
- 7.00 Blue Thunder 9/11. (S1)
- 8.00 The Fantastic Journey
- 9.00 Department S (S2)
- 10.00 Married... with Children
- 10.30 Drop the Dead Donkey
- 11.00 The Mrs Merton Show
- 11.35 Hammer House of Horror 7/13. (S1)
- 12.35 AM Shine on Harvey...
- 1.35 Arthur C Clarke
- 2.35 Monkey 17/26. (S1)
- 3.30 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM Entertainment News
- 9.10 World's Most Scenic Railway Journeys
- 10.10 Kent: The Garden of England Documentary.
- 11.05 Ben Fogle: New Lives in the Wild Double bill.
- 1.00 PM The Yorkshire Vet
- 3.00 Murder, She Wrote
- 4.00 Columbo
- 6.00 World's Most Scenic Railway Journeys
- 7.00 Ben Fogle: New Lives in the Wild Double bill.
- 9.00 Yorkshire Great and Small with Dan and Helen The hidden delights of Swaledale and Wensleydale.
- 10.00 Jane McDonald: Lost in Japan The presenter visits Tsukiji market.
- 11.00 Prisoner: Cell Block H
- 1.05 AM Bargain-Loving Brits in the Sun
- 3.00 Kent: The Garden of England Documentary.
- 3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM Daria 11/14. (S5)
- 6.20 16 and Pregnant
- 7.35 Teen Mom: From the Beginning Double bill.
- 9.30 Teen Mom 2: From the Beginning Reality series.
- 10.30 FriendZone
- 11.00 Catfish: The TV Show
- 12.00 NOON Catfish: Wannabees
- 1.00 PM Catfish: Catch of the Day Reality series.
- 2.00 Catfish: Repeat Offenders
- 3.00 Catfish: The TV Show
- 7.00 Teen Mom: The Next Chapter Reality series.
- 8.00 Spray Tan Mums: Single and Proud
- 9.00 True Life Crime UK
- 10.00 Skin A&E
- 11.00 Ink Master
- 12.00 MT Ridiculousness **New edition** With Steelo, Rob and Karrueche Tran.
- 12.30 AM Ridiculousness
- 1.00 Ink Master
- 2.45 Georgie OGs
- 3.35 to 4.00 AM Teen Crips

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs** Double bill.
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** Documentary.
 3.00 **Gold Rush** Parker's crew accidentally unleash a flood.
 4.00 The future of Tony Beets' dynasty is in danger.
 5.00 **Deadliest Catch** Josh and Casey race to deliver live crab.
 6.00 **Wheeler Dealers** Mike thinks there's money to be made on a soft-top Saab 900.

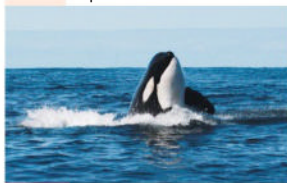


9.00 Custom Carolina

Animal Planet

162/175 178

- 8.00 AM **Animal Cribbs**
 9.00 **Dodo Heroes**
 10.00 **Dogs 101** Canine facts.
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Animal Cribbs**
 1.00 PM **Dodo Heroes**
 2.00 **Animal Cribbs** Antonio helps a family create special space.
 3.00 **Dodo Heroes** The work of the Sheldrick Wildlife Trust.
 4.00 **Dogs 101** Active companions.
 5.00 **Alaska: Homestead Rescue**
 6.00 **Animal Cribbs** Antonio reveals pet homes that have inspired his own creations.

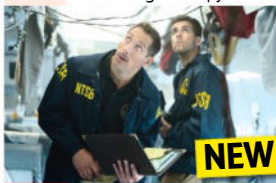


8.00 Killer Whales

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
 9.00 **Air Crash Investigation: Special Report**
 10.00 **WW2: Hell Under the Sea**
 11.00 **Airport Security: Peru**
 12.00 **NOON Car S.O.S**
 1.00 PM **Disaster Autopsy**
 2.00 **Air Crash Investigation**
 3.00 **Draining Loch Ness: In Search of the Monster**
 4.00 **Mysterious Islands**
 5.00 **Car S.O.S** A Fiat X1/9.
 6.00 **Lost Treasures of Egypt** Clues to explain the abandoning of the pyramids.



9.00 Air Crash Investigation

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **Container Wars**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Apocalypse D-Day**
 4.30 **Pawn Stars** Valuing a Ronald McDonald balloon inflator.
 5.00 A look at one of the first Barbie dolls ever made.
 5.30 Rick visits his friend's brewery in San Diego.
 6.00 **American Pickers**



9.00 Mayhem! The Secret...

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Abandoned Engineering**
 10.00 **WW2: Frontlines**
 11.00 **Nazi Hunters**
 12.00 **NOON Billy Connolly's Great American Trail**
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash** Double bill.
 4.00 **Secret Nazi Bases**
 5.00 **Nazi Hunters** How the SAS War Crimes Investigation Team tried to pinpoint the location of Gestapo officers.
 6.00 **Antiques Roadshow** A visit to Castle Howard near York.



9.00 Villages by the Sea

7.00 **Salvage Hunters** Drew Pritchard visits a warehouse in York and finds a black VW Beetle at a specialist garage.

8.00 **Kindig Customs** The crew prepare for the last car show of the year as the 10 best cars from across the US arrive in Scottsdale.

9.00 **Custom Carolina** **New edition** A Corvette aficionado trusts Tommy to put his spin on a classic 1967 Chevy Corvette.

10.00 **Texas Metal** **New edition** The team tear down a 1952 GMC wrecker to build it back up into a tow and show truck.

11.00 **Expedition Unknown** Josh joins the search for wreckage of Britain's Barracuda bomber.
 12.00 **MT Street Outlaws** The annual Bristol No Prep race begins.

1.00 AM **Custom Carolina**
 2.00 **Texas Metal** As 10.00pm.
 3.00 **Iron Resurrection**
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

7.00 **Dodo Heroes** The work of Ashley DiFelice, who runs Twist of Fate Farm and Sanctuary, where she rescues abused horses.

8.00 **Killer Whales** Examining killer whales' feeding behaviour, including flipping great white sharks and dolphin hunting.

9.00 **Swimming with Monsters with Steve Backshall** Steve visits Mexico hoping to find the great white shark.

10.00 **Alaskan Bush People** The Browns work to protect their new family member from bears, which are seeking food.

11.00 **Coyote Peterson: Brave the Wild** Wobegong sharks.
 11.30 A search for saltwater and freshwater crocodiles.

12.00 **MT Tanked**
 1.00 AM **Alaskan Bush People**
 2.00 **Dogs 101** Active companions.
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Animal Cribbs**

+1 hour 262/275 378

7.00 **Air Crash Investigation** After losing two engines near enemy territory, US Air Force pilots abort their refuelling mission.

8.00 **UFOs: Investigating the Unknown** **New edition** Scientists unveil cutting-edge technology helping in the search for UFOs.

9.00 **NEW SERIES** **Air Crash Investigation** The search is on to find out the cause of a deadly rollercoaster in the sky.

10.00 **Drain the Oceans** The discovery of a wreck in the Baltic Sea leads to a treasure hunt.

11.00 **Air Crash Investigation** A plane crash during the last days of the Vietnam War.
 12.00 **MT Britain's Underworld**
 1.00 AM **The Truth Behind**
 2.00 **Abandoned** A cotton factory.
 2.30 **Lords of War** Double bill.
 3.20 **Food Factory**
 4.10 to 5.00 AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

7.00 **Forged in Fire** Visits to bladesmiths in their home forges in every state in the US, starting in Texarkana, Texas.

8.00 **The Great British Dig: History in Your Back Garden** Hugh Dennis and the archaeology team try to uncover a Roman fort.

9.00 **NEW SERIES** **Mayhem! The Secret Lives of the Georgian Kings** 1/4. Docu-drama exploring the Georgian era. (S1)

10.00 **Sex Mad Georgians** The sex lives of Georgian men and women, who relished breaking the rules set by their puritan forebears.

11.00 **Sex and Sensibility** Courtship and sex in the Georgian period.
 12.00 **MT Pawn Stars** Triple bill.
 1.30 AM **The Lost Women Spies** How Vera Atkins confronted the harm done to her agents.
 2.40 **The Great British Dig: History in Your Back Garden**
 3.40 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

7.00 **Canal Boat Diaries** During a cold snap, Robbie Cumming gets iced in on the Grand Union Canal.

8.00 **Simon Reeve's South America** The adventurer sets off on a journey through the continent, beginning in Venezuela.

9.00 **Villages by the Sea** The German occupation of the Jersey village of Gorey.
 9.30 The history of Botallack in Cornwall.

10.00 **Bangers & Cash: Restoring Classics** The team make a luxurious purchase with a 1981 Rolls-Royce Silver Spirit.

11.00 **Abandoned Engineering** Exploring a desert island with an infected past, and the brutalist palace of a mad Bulgarian dictator.
 12.00 **MT Billy Connolly's Great American Trail**
 1.00 Find It, Fix It, Flog It

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Outback Truckers**

New edition Harrison and Brad navigate challenges on the Great Northern Highway.

9.00 **Opal Hunters: Red Dirt Road Trip** **New edition** Rod finds a monster ruby at Harts Range.

10.00 **Mystery at Blind Frog Ranch** Chad and James set out to research a bar of gold found at the Bead Site.

11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: UK** Double bill.
 7.00 **Say Yes to the Dress**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes to the Dress: Atlanta** Double bill.
 10.00 **Say Yes: Wedding SOS**
 11.00 **Say Yes to the Dress: Lancashire**
 12.00 **NOON Betrayed**
 1.00 PM **On the Case with Paula Zahn**
 2.00 **Murder on CCTV**
 3.00 **Crime Stories**
 4.00 **American Monster**
 6.00 **People Magazine Investigates**

7.00 **Faking It: Tears of a Crime** Laci Peterson.

8.00 **Murder on CCTV**
 10.00 **On the Case with Paula Zahn** **New editions**

12.00 **MT Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** Documentary.
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **Fraud Squad** An IT support worker steals hospital computers, and a gang illegally fly-tip on a huge scale.
 8.00 **The Black Widow Murders** When a murder scene is staged to look like a drug deal gone wrong, detectives know it won't be an ordinary investigation.

9.00 **Forensic Factor** **New edition** For 23 days, a sniper terrorises the Washington, DC area.

10.00 **Murder UK** **New edition** When Susan Waring vanished, her partner became a suspect.

11.00 **Evidence of Evil**
 12.00 **MT 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 **Murder UK**
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **The Truth About My Murder**
 10.00 **Donal MacIntyre: A Life in Crime**
 11.00 **Medical Detectives**
 2.00 PM **Wrongly Accused**
 4.00 **Medical Detectives**

Vital clues are gleaned from the body of a girl.

4.30 A woman falls from a cliff to her death.
 5.00 A young woman investigates her mother's disappearance.
 5.30 A 10-year-old case of an elderly couple's murder is uncovered.
 6.00 An investigation into a street fight that took the life of a wrestling champion.

6.30 An investigation into a murder set up to look like a suicide.
 7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

+1 hour 222/223 321

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops**
 11.00 **Catching the Killer**
 12.00 **NOON The Killer Within**
 1.00 PM **Killer in My Village**
 2.00 **What the Killer Did Next** Joy Morgan.

3.00 **Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **The Killer Within**
 7.00 **Most Evil Killers**
 9.00 **I'll Be Gone in the Dark**
 10.10 **The Killer Within**
 11.05 **Catching the Killer**
 12.00 **MT World's Most Evil Killers** Chester Turner.

1.00 AM **Murders That Shocked the Nation**
 2.00 **World's Most Evil Killers** **New edition**
 3.00 **Made for Murder**
 4.00 **Brit Cops**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Auschwitz in 33 Objects** Documentary.
 9.35 **Elizabeth I's Secret Agents** As 7.20pm.
 10.50 **Hunting the KGB Killers**
 12.00 **NOON Hitler's Gold**
 1.00 PM **Grand Tours of Scotland** The Trossachs.
 1.40 **Auschwitz in 33 Objects**
 2.50 **Elizabeth I's Secret Agents** As 7.20pm.
 4.00 **Hunting the KGB Killers**
 5.10 **Hitler's Gold**
 6.15 **Auschwitz in 33 Objects**
 7.20 **Elizabeth I's Secret Agents** The spy network that helped protect Queen Elizabeth I.

8.35 **Hunting the KGB Killers** The murder of Alexander Litvinenko.

9.45 **Hitler's Gold** The financial backing Hitler needed to advance.

10.50 **Elizabeth I's Secret Agents** As 7.20pm.
 12.00 **MT Hunting the KGB...**
 1.10 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Story of Late Night
7.00 Discovering: Vanessa Redgrave
8.00 The Directors
9.00 The Eighties
9.55 Edge of the Earth
11.00 The Lady and the Dale
12.00 NOON Charlie Hustle & the Matter of Pete Rose
4.00 PM The Directors
5.00 Discovering: Vanessa Redgrave
6.00 The Eighties
7.00 The Loneliest Whale: The Search for 52 A rare whale that calls out at a frequency unrecognised by other whales.
9.00 Six Silent Killings: Ireland's Vanishing Triangle 1&2/2. The disappearances of six women near Dublin in the 1990s.
11.00 Tell Them You Love Me
1.00 AM Villeneuve Pironi: Racing's Untold Tragedy
3.00 Chernobyl: My Promised Land
3.30 The Unbreakable Tatiana Suarez Documentary.
5.00 to 6.00 AM Discovering: Vanessa Redgrave

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Murdertown
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM The Real Murders of Atlanta A couple are attacked.
2.00 Fear Thy Neighbour
3.00 Killer Britain with Dermot Murnaghan Peter Morgan.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Killer in Plain Sight
7.00 The First 48 True-crime.
8.00 Accident, Suicide or Murder? New edition Mysterious deaths.
9.00 Natural Born Killer Series finale
10.00 Gilgo Beach Serial Murders
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM Natural Born Killer
2.00 Very Scary People
3.00 Fear Thy Neighbour
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM 999 Rescue Squad
1.00 PM 999 Rescue Squad
5.00 The Bill Trespases: Ramsey finds a baby in a skip and tries to trace the infant's mother.
5.30 Save the Last Dance for Me: An escaped convict arrives in Sun Hill to settle an old score.
6.00 Runaround: An agoraphobic old lady thinks her neighbours are being burgled.
6.30 The Trap: CID sets a trap by leaving a van full of video recorders on the street with the doors open.
7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 Mistresses 4/4. A bitter row causes a huge rift in the group, while an unexpected party guest forces Siobhan to question her relationship. (S3)
10.20 The Bill Four episodes.
12.20 AM Pointless Double bill.
2.20 Mistresses As 9.00pm.
3.30 999 Rescue Squad
5.10 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life Double bill.
8.00 Great Parks of Africa
9.00 My Best Friend's an Animal
10.00 Africa's Wild Horizons
11.00 Orangutan Jungle School
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 My Best Friend's an Animal
4.00 Africa's Wild Horizons
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 Wild Latin America Tensions rise as breeding season nears for the squirrel monkeys.
9.00 Wildlife ER Vet Claire tries to care for sick koala joeys.
10.00 Land of Primates
11.00 New Kids in the Wild
12.00 MT Orangutan Jungle School
1.00 AM Ocean Parks
2.00 Wild Latin America
3.00 Wildlife ER As 9.00pm.
4.00 Great Parks of Africa
5.00 to 6.00 AM My Best Friend's an Animal

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 South America's Weirdest Animals Documentary.
3.00 Critter Fixers: Country Vets
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo The Columbus Zoo makes room for three new cheetah cubs.
8.00 NEW Jaguar Beach In Costa Rica, jaguars hunt sea turtles in a surprising predator-prey bond that shapes an entire ecosystem's survival.
9.00 Jade Eyed Leopard
10.00 Predator Bloodlines
11.00 Ice Road Rescue
12.00 MT Last of the Giants: Wild Fish Documentary.
1.00 AM World's Deadliest
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Atlanta Justice
9.00 Betrayed Double bill.
11.00 Til Death Do Us Part
1.00 PM I Am Homicide
3.00 The Wonderland Murders
5.00 Twisted Sisters Exploring how a family move created an environment perfect for murder.
6.00 How two sisters coped with their overly protective mother in very different ways.
7.00 Murder in the Heartland An unknown person stabs Trina Langenbrunner and leaves her on a road in Minnesota.
8.00 James Skinner turns up dead in his own bedroom.
9.00 No One Can Hear You Scream The nightmare suffered by an Arkansas real-estate agent.
10.00 What Lies Beneath A murder with ritualistic signs in Greenup.
11.00 Dead on Arrival The murder of aspiring actor Kristi Johnson.
12.00 MT Grave Secrets
2.00 AM Twisted Sisters
4.00 to 6.00 AM Murder in the Heartland
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 How to Lose a War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Britain's Most Historic Towns Elizabethan Plymouth.
2.00 Walking Through History
3.00 Colosseum
4.00 How to Lose a War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files Possible rational explanations for UFO sightings.
8.00 Instruments of Death Weaponry used in the uprising against the Roman army.
9.00 The Nostradamus Effect The story of three girls who claimed to have met the Virgin Mary.
10.00 History's Greatest Mysteries
11.00 Royal Murder Mysteries
12.00 MT Ancient Aliens
2.00 AM Britain's Most Historic Towns Georgian Edinburgh.
3.00 Walking Through History
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM NASA's Unexplained Files
8.00 Mega Engineering
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Aliens in Alaska An otherworldly beast stalks a family over three generations.
8.00 Mega Engineering A floating offshore city in New Orleans.
9.00 Combat Dealers Bruce Crompton visits a Cold War underground bunker.
10.00 Shed and Buried Double bill.
11.00 World's Greatest Motorcycle Rides Henry heads for the town of Kuruman on the fringes of the Kalahari desert.
12.00 MT Mysteries of the Deep
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Shed and Buried: Classic Cars
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Big
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Shed and Buried: Classic Cars
4.00 Roadworthy Rescues
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop First edition.
8.00 Lucky! Bernie Ecclestone recalls a golden age of driving legends and high-speed racing.
9.00 Kindig Customs A VW Bug.
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 MT Lucky! As 8.00pm.
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Trans Am
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.10 AM The Last Stop in Yuma County As shown at 3.05am.
8.00 Chuck Chuck Baby (2023)
10.00 Timestalker Fantasy comedy. (2024, 15, 89min) ★★★★★
11.45 Furiosa: A Mad Max Saga
2.20 PM Slingshot Sci-fi thriller. (2024, 15, 108min) ★★★
4.20 Chuck Chuck Baby Drama. (2023, 15, 101min) ★★★★★
6.10 I Saw the TV Glow Horror thriller starring Justice Smith. (2024, 15, 100min) ★★★



8.00 Furiosa: A Mad Max Saga

- 8.00 Furiosa: A Mad Max Saga Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Alyla Browne, Tom Burke and Lachy Hulme. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 The Killer Action thriller remake starring Nathalie Emmanuel, Omar Sy and Sam Worthington. (2024, 15, 126min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.50 AM Twilight of the Warriors: Walled In Hong Kong thriller. (2024, 15, 126min) ★★★
3.05 The Last Stop in Yuma County Crime thriller. (2023, 15, 100min) ★★★★★
4.45 to 6.45 AM Parachute Romantic comedy drama. (2023, 15, 108min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 6.30 AM Summerland As 4.55am.
8.15 Goodbye Bafana Fact-based drama. (2007, 15, 118min) ★★
10.20 The Color Purple Musical drama. (2023, 12, 141min) ★★★
12.50 PM To Olivia Biographical drama. (2021, PG, 90min) ★★★★★
2.30 Jarhead Military drama. (2005, 15, 123min) ★★★★★
4.40 Lady Bird Comedy drama. (2017, 15, 94min) ★★★★★
6.20 The Boy in the Striped Pyjamas Wartime drama starring Asa Butterfield, Vera Farmiga and David Thewlis. (2008, 12, 94min) ★★★★★
8.00 Whiplash Music drama starring Miles Teller and JK Simmons. (2014, 15, 106min) ★★★★★
10.00 What Dreams May Come Romantic fantasy drama starring Robin Williams. In the afterlife, a man journeys to the depths of Hell to be reunited with his wife. (1998, 15, 106min) ★★
12.00 MT Sundown Drama with Tim Roth. (2021, 15, 82min) ★★★★★
1.30 AM Widow Clicquot Drama. (2023, 15, 90min) ★★★★★
3.10 Daddio Drama with Sean Penn. (2023, 15, 101min) ★★★★★
4.55 to 6.40 AM Summerland Drama. (2020, 12, 99min) ★★★

Sky Cinema Hits

303 403 503 517

- 6.40 AM Little Bone Lodge (2023)
8.20 Rumble Through the Dark Thriller. (2023, 15, 116min) ★★★★★
10.20 Bean Comedy spin-off. (1997, PG, 90min) ★★
11.55 Mr Bean's Holiday Comedy. (2007, PG, 89min) ★★
1.30 PM Chicago Musical. (2002, 12, 112min) ★★★★★
3.30 A Star Is Born Music drama. (2018, 15, 136min) ★★★★★
6.00 Mamma Mia! Musical comedy. (2008, PG, 108min) ★★★★★



10.25 The Wolf of Wall Street

- 8.00 Catch Me If You Can Steven Spielberg's crime adventure with Leonardo DiCaprio and Tom Hanks. A runaway teenager enjoys a remarkable crime spree, passing himself off as a pilot, a doctor and a lawyer, and cashing millions of dollars in false cheques. (2002, 12, 141min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.25 The Wolf of Wall Street Martin Scorsese's fact-based drama starring Leonardo DiCaprio. A New York stockbroker lives a life of debauchery as he gets rich through illegal trading. (2013, 18, 176min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 1.25 AM Jericho Ridge Thriller. (2023, 15, 87min) ★★
3.05 Monolith Sci-fi thriller. (2022, 15, 90min) ★★
4.50 to 6.35 AM Little Bone Lodge Horror with Joely Richardson. (2023, 15, 93min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.50 AM Resident Evil: Damnation
8.40 Lisa Frankenstein As 11.55pm.
10.30 Resident Evil: Extinction Sci-fi horror thriller sequel. (2007, 15, 90min) ★★
12.15 PM Star Trek Beyond Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★★
2.25 The Purge: Election Year Action horror sequel with Frank Grillo. (2016, 15, 108min) ★★
4.20 Resident Evil: Damnation Animated horror thriller sequel. (2012, 15, 95min) ★★
6.10 I Am Legend Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★★
8.00 Ghostbusters Fantasy comedy starring Melissa McCarthy. (2016, 12, 113min) ★★
10.00 Abigail Horror starring Melissa Barrera. A group of criminals hold the daughter of a powerful underworld figure for ransom. (2024, 18, 105min) ★★★★★
11.55 Lisa Frankenstein Comedy horror. (2024, 15, 101min) ★★★★★
1.45 AM Thir13en Ghosts Horror chiller. (2001, 15, 91min) ★★
3.25 Videodrome Sci-fi thriller. (1982, 18, 88min) ★★★★★
5.00 to 7.05 AM Paycheck Thriller. (2003, 12, 119min) ★★★★★

Sky Cinema Family

306 406 506 520

- 6.00** AM *Ride On* (2023, PG) ★★
8.10 *Addams Family Values* Comedy. (1993, PG) ★★
9.50 *IF Fantasy*. (2024, U) ★★
11.35 *Dungeons & Dragons: Honour Among Thieves* Adventure. (2023, 12, 134min) ★★
1.50 PM *Shazam! Fury of the Gods*
4.00 *The Flintstones* Comedy. (1994, U, 93min) ★★
5.40 *The Flintstones in Viva Rock Vegas* Comedy prequel. (2000, PG, 91min) ★★



7.20 *Zathura*

7.20 *Zathura: A Space Adventure* Sci-fi fantasy starring Josh Hutcherson and Jonah Bobo. (2005, PG, 113min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 *Shazam! Fury of the Gods* Fantasy adventure sequel starring Zachary Levi and Helen Mirren. When vengeful gods arrive on Earth in search of stolen magic, Shazam and his allies get thrust into a battle for survival. (2023, 12, 130min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 *The Secret Kingdom* Fantasy adventure starring Sam Everingham and Alya Browne. (2023, PG, 98min) ★

1.05 AM *Beethoven's 2nd* Family comedy sequel starring Charles Grodin and Bonnie Hunt. (1993, U, 89min) ★★

2.45 *Pups United* Adventure with Matthew James Roberts. (2015, U, 89min) ★★

4.20 to **6.00** AM *The Secret Kingdom* As 11.25pm.

Sky Cinema Valentine

302 402 502 516

- 6.00** AM *How to Please a Woman*
8.00 *Charming the Hearts of Men* Drama. (2021, 12, 107min) ★★
10.00 Sky Cinema Preview
10.20 *Sweethearts* Comedy. (2024, 15, 110min) ★★
12.10 PM *Bonus Track* As 2.00am.
2.00 *Chuck Chuck Baby* As 12.10am.
4.00 *Shirley Valentine* Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★

6.00 *Asteroid City* Sci-fi comedy starring Jason Schwartzman. (2023, 12, 105min) ★★
8.00 *Valentine's Day* Ensemble romantic comedy with Ashton Kutcher, Jennifer Garner, Anne Hathaway and Julia Roberts. (2010, 12, 125min) ★★
10.10 *No Hard Feelings* Comedy with Jennifer Lawrence. A hard-up woman agrees to date a wealthy couple's son to force him out of his shell before college. (2023, 15, 103min) ★★

12.10 AM *Chuck Chuck Baby* Drama. (2023, 15, 101min) ★★
2.00 *Bonus Track* Music comedy. (2023, 12, 98min) ★★
3.45 *How to Please a Woman* Drama. (2022, 15, 107min) ★★
 to **6.30** AM Sky Cinema Preview

Sky Cinema Stunts

307 407 507 521

- 7.05** AM *Project A* Martial arts thriller. (1985, 12, 72min) ★★
8.55 *Project A, Part II* As 3.20am.
10.45 *Vendetta* (2022, 15) ★★
12.25 PM *Seeking Justice* Thriller. (2011, 15, 104min) ★★
2.15 *The Old Way* Western. (2023, 15, 95min) ★★
4.05 *300: Rise of an Empire* Fantasy adventure sequel. (2014, 15, 100min) ★★
5.50 *The Bourne Identity* Thriller. (2002, 12, 119min) ★★



9.55 *The Equalizer 3*

8.00 *Absolution* Crime thriller starring Liam Neeson and Ron Perlman. A veteran gangster attempts to reconnect with his kids and amend the mistakes of his past. With Frankie Shaw and Daniel Diemer. (2024, 15, 112min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 *The Equalizer 3* Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. (2023, 15, 109min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 *Retribution* Action thriller starring Liam Neeson and Lilly Aspell. (2023, 12, 91min) ★★

1.25 AM *Desperation Road* Thriller starring Mel Gibson. (2023, 18, 112min) ★★

3.20 *Project A, Part II* Hong Kong adventure sequel. Subtitled. (1987, 15, 94min) ★★

5.10 to **6.50** AM *The Old Way*

Sky Cinema GGrats

304 404 504 518

- 6.05** AM *The Adventures of Baron Munchausen* As 3.20am.
8.25 *Howard the Duck* As 1.25am.
10.30 *Sixteen Candles* Teen comedy. (1984, 12, 89min) ★★
12.20 PM *Shirley Valentine* Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★
2.25 *Airplane!* Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★

4.10 *Airplane II: The Sequel* Comedy sequel starring Robert Hays. (1982, 15, 81min) ★★
5.50 *Back to the Future* Time-travel comedy adventure. (1985, PG, 115min) ★★
8.00 *Back to the Future Part II* Comedy adventure sequel. (1989, PG, 107min) ★★
9.50 *Back to the Future Part III* Comedy adventure sequel. (1990, PG, 112min) ★★
11.50 *Silent Running* Sci-fi drama. (1972, U, 90min) ★★

1.25 AM *Howard the Duck* Sci-fi comedy starring Lea Thompson. (1986, PG, 104min) ★★
3.20 *The Adventures of Baron Munchausen* Fantasy adventure. (1988, PG, 126min) ★★
 to **6.10** AM Sky Cinema Preview

Sky Cinema Comedy

308 408 508 522

- 7.05** AM *Happy Gilmore* As 1.10am.
8.45 *Nutty Professor II: The Klumps* (2000, 12) ★★
10.40 *The Heartbreak Kid* Comedy remake. (2007, 15, 115min) ★
12.40 PM *The Machine* Comedy. (2023, 15, 112min) ★★
2.40 *Bowfinger* Comedy. (1999, 12, 97min) ★★
4.25 *Ride Along* Crime comedy. (2014, 12, 97min) ★★
6.10 *Ride Along 2* Crime comedy sequel. (2016, 12, 102min) ★★



8.00 *Disaster Movie*

8.00 *Disaster Movie* Spoof comedy starring Matt Lanter. Over the course of a single evening, a group of friends encounter a series of natural disasters. (2008, 12, 86min) ★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 *Snack Shack* Comedy starring Conor Sherry and Gabriel LaBelle. Dreaming of striking it rich, two friends set out to fix up the local pool's rundown fast food booth. (2023, 15, 107min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 *Jules* Sci-fi comedy drama starring Ben Kingsley, Harriet Harris and Jane Curtin. (2023, 12, 87min) ★★

1.10 AM *Happy Gilmore* Comedy starring Adam Sandler. (1996, 12, 92min) ★★

2.50 *Balls of Fury* Martial arts comedy. (2007, 12, 90min) ★

4.30 to **6.05** AM *Snow Day* Family comedy starring Chevy Chase. (2000, PG, 89min) ★★

Sky Cinema Animation

305 412 500 514

- 6.35** AM *Pil's Adventures* Animated adventure. (2021, U, 89min) ★★
8.10 *Batman Unlimited: Animal Instincts* As shown at 9.10pm.
9.35 *Spider-Man: Across the Spider-Verse* (2023, PG) ★★
12.00 NOON *Lego DC Comics Super Heroes: Justice League vs Bizarro League* (2015, U) ★★
1.00 PM *Tom and Jerry Cowboy Up!* Animation. (2021, U) ★★

2.25 *The Emoji Movie* (2017, U) ★
4.00 *Gnomeo & Juliet* Animated comedy. (2011, U, 83min) ★★
5.35 *Home* Animation. (2014, U) ★★
7.15 *The Adventures of Tintin: The Secret of the Unicorn* Animation. (2011, PG) ★★
9.10 *Batman Unlimited: Animal Instincts* Animated adventure. (2015, PG, 74min) ★★
10.35 *The Inseparables* Animation. (2023, U, 90min) ★★
12.10 AM *The Inventor* Animation. (2023, PG, 100min) ★★

1.55 *Batman Unlimited: Monster Mayhem* Animated adventure. (2015, PG, 76min) ★★
3.25 *The Road to El Dorado* Animation. (2000, U) ★★
 to **6.25** AM *Batman: Return of the Caped Crusaders* Animation. (2016, PG) ★★

Sky Cinema Thriller

309 409 509 523

- 6.25** AM *Hanna* As 1.55am.
8.30 *Nightcrawler* Crime thriller. (2014, 15, 115min) ★★
10.30 *We Own the Night* Crime drama. (2007, 15, 117min) ★★
12.35 PM *Poker Face* Crime thriller. (2022, 15, 120min) ★★
2.20 *Ocean's Eleven* Caper thriller. (2001, 12, 116min) ★★
4.20 *State of Play* Political thriller. (2009, 12, 127min) ★★
6.30 *Some Other Woman* Thriller. (2023, 15, 85min) ★★



10.15 *Changing Lanes*

8.00 *Ocean's Twelve* Caper thriller sequel starring George Clooney. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal \$160million in Europe. (2004, 12, 125min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 *Changing Lanes* Thriller starring Ben Affleck and Samuel L Jackson. A road accident turns a New York attorney and an insurance salesman into bitter adversaries. (2002, 15, 99min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 *M'T Contraband* Action thriller with Mark Wahlberg. (2012, 15, 105min) ★★

1.55 AM *Hanna* Action thriller. (2011, 12, 106min) ★★

4.00 *Some Other Woman* (2023)
5.40 to **7.20** AM *Ruthless* Thriller. (2023, 15, 92min) ★★

Movies 24

312 419

- 7.00** AM *Love and the Radio Star* Comedy. (2022, PG, 90min) ★★
9.00 *The Love Subscription* Comedy. (2023, PG, 86min) ★★
11.00 *Pumpkin Everything* Romantic drama. (2022, PG, 84min) ★★
1.00 PM *Made for Each Other* Fantasy. (2023, PG, 84min) ★★
3.00 *Stepping into Love* Romantic drama starring Jenna Michno. (2023, PG, 82min) ★★

5.00 *Love & Jane* Romantic fantasy. (2024, PG, 84min) ★★
7.00 *Paging Mr Darcy* Drama starring Mallory Jansen and Will Kemp. (2024, PG, 84min) ★★
9.00 *When Love Springs* Romantic comedy starring Rhiannon Fish and James William O'Halloran. A woman persuades the owner of a B&B to pose as her boyfriend after a run-in with her ex. (2023, PG, 84min) ★★
11.00 *Campfire Romance* Romantic comedy. (2022, PG, 90min) ★★

1.00 AM *Heart of the Manor* Comedy starring Ashlynn Yennie. (2021, PG, 85min) ★★
 to **5.00** AM *Blind Date Book Club* Drama starring Erin Krakow. (2024, PG, 90min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
11.00 AM *Father Brown* Comedy drama. (1954, U, 91min) ★★
12.45 PM *Gunman's Walk* Western. (1958, PG, 95min) ★★
2.35 *Pool of London* Police thriller. (1950, b/w, PG, 85min) ★★
4.20 *El Dorado* Howard Hawks Western starring John Wayne. (1966, PG, 126min) ★★
6.55 *The Iron Lady* Oscar-winning biopic starring Meryl Streep. (2011, 12, 105min) ★★



9.00 *Deadpool 2*

The Iron Lady (film started at 6.55pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 *Deadpool 2* Action comedy sequel starring Ryan Reynolds and Josh Brolin. The wisecracking anti-hero attempts to protect a young mutant being pursued by a heavily armed cyborg from the future. (2018, 15, 119min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 *Fire Island* Romantic comedy with Joel Kim Booster. Friends gather for their annual week of love and laughter, but a change of events might make this their last summer in paradise. (2022, 15, 105min) ★★

1.25 to **3.50** AM *Collateral* Director Michael Mann's thriller starring Tom Cruise and Jamie Foxx. (2004, 15, 120min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM *The Steel Key* Spoof thriller. (1953, b/w, PG, 74min) ★★
7.25 *Unknown World* Adventure. (1951, b/w, U, 74min) ★★
9.00 *A Matter of Murder* Drama. (1949, b/w, PG, 59min) ★★
10.10 *The Small Back Room* Drama. (1948, b/w, PG, 106min) ★★
12.20 PM *Beachhead* World War Two drama starring Tony Curtis. (1954, PG, 89min) ★★

2.05 *Please Sir!* Zany comedy spin-off starring John Alderton. (1971, PG, 97min) ★★
4.10 *The Woman in Green* Murder mystery starring Basil Rathbone. (1945, b/w, PG, 70min) ★★
5.30 *Dixon of Dock Green* (S18)
6.30 *Out of Town* Documentary.
7.00 *The Footage Detectives*
8.00 *Public Eye* 6/13. (S5)
9.05 *The Place of the Dead* Fact-based drama starring Greg Wise and Dougray Scott.
11.10 *The Death of Adolf Hitler*

1.20 AM *The Seventh Commandment* Crime drama. (1961, b/w, PG, 81min) ★★
3.00 *The Bedroom Window* Crime thriller. (1987, 15, 115min) ★★
5.15 *What's On TPTV with Noel*
 to **6.00** AM Dangerous Assignment

Sky Sports Main Event

401 511 501 419 439

- 6.00 AM Sky Sports News
 7.00 Transfer Deadline Day Updates from the final moments of the window, as clubs try to add to their squads at the last opportunity.
 2.00 PM Transfer Deadline Day
 6.30 **LIVE MNF Chelsea v West Ham United.** Coverage of the Premier League match staged at Stamford Bridge. The hosts claimed a simple victory in the reverse fixture back in September as two early goals from Nicolas Jackson and a Cole Palmer finish gave the Blues all three points. The last meeting between these two sides at Stamford Bridge at the end of last season saw the hosts hammer their visitors 5-0. Kick-off 8.00pm.
 10.30 Transfer Deadline Day
 12.00 M'T Sky Sports News Round-up of the sports news, with live analysis, comment and interviews.
 1.00 AM Super Bowl Opening Night Players and coaches make their first public appearance during Super Bowl week, as preparations continue for the most-watched single sporting event in the world.
 4.00 to 6.00 AM Sky Sports News

Sky Sports Premier League

402 512 502 420 440

- 6.00 AM PL Greatest Games
 7.00 Transfer Deadline Day Updates from the final moments of the window, as clubs try to add to their squads at the last opportunity.
 2.00 PM Transfer Deadline Day
 6.30 **LIVE MNF Chelsea v West Ham United.** Coverage of the Premier League match staged at Stamford Bridge. The hosts claimed a simple victory in the reverse fixture back in September as two early goals from Nicolas Jackson and a Cole Palmer finish gave the Blues all three points. The last meeting between these two sides at Stamford Bridge at the end of last season saw the hosts hammer their visitors 5-0. Kick-off 8.00pm.
 11.00 Transfer Deadline Day
 12.00 M'T MNF Hits Action from Chelsea v West Ham United.
 12.30 AM Premier League Icons A profile of Yaya Toure.
 1.00 PL Retro A chance to see Wigan Athletic v Arsenal from 2010.
 3.00 PL Greatest Games
 4.00 Premier League Best Goals
 5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 513 503 421 441

- 6.00 AM EFL Championship play-offs.
 9.00 Scottish Premiership Round-Up
 9.15 SPFL Highlights
 9.30 EFL Greatest Games
 10.00 Championship Retro
 12.00 NOON Scottish Premiership Round-Up Recent highlights.
 12.15 PM SPFL Highlights
 12.30 WSL Tottenham v Man United.
 1.00 EFL Highlights
 3.00 Scottish Premiership Round-Up
 3.15 SPFL Highlights
 3.30 EFL Highlights
 4.00 WSL Manchester City v Arsenal.
 4.30 EFL Highlights
 5.15 SPFL Highlights
 5.30 Scottish Premiership Round-Up Recent highlights.
 5.45 EFL Highlights League One.
 6.00 Bundesliga Highlights Show
 7.00 **LIVE EFL Middlesbrough v Sunderland.** The Championship encounter from the Riverside Stadium. Kick-off is at 8.00pm.
 10.30 Transfer Deadline Day
 12.00 M'T EFL Cup Retro
 2.00 AM EFL Trophy
 2.30 EFL Greatest Games
 4.00 Championship Season Review
 5.00 Best Goals: EFL Cup 23/24
 5.30 to 6.00 AM EFL Trophy

Sky Sports Cricket

404 514 504 422 442

- 6.00 AM WPL Action from 2024.
 7.00 ICC U19 Women's World T20
 7.30 Women's ICC World T20
 8.00 ICC Men's T20 World Cup
 8.30 History of the ICC Champions Trophy
 10.00 SA20 Recent highlights.
 11.00 WPL Action from 2024.
 12.00 NOON SA20 Highlights.
 1.00 PM ICC U19 Women's World T20 Action from the final.
 1.30 Women's ICC World T20
 2.00 SA20 Recent T20 highlights.
 5.00 ICC U19 Women's World T20
 5.30 Women's ICC World T20
 6.00 Big Bash League
 7.00 SA20 Highlights from Pretoria Capitals v Joburg Super Kings.
 8.00 ICC U19 Women's World T20
 8.30 Women's ICC World T20
 9.00 SA20 Recent T20 action.
 11.00 WPL Highlights of UP Warriorz v Gujarat Giants from 2024.
 12.00 M'T ICC U19 Women's World T20 Action from the final at Bayuemas Oval in Pandamaran.
 12.30 AM Women's ICC World T20
 1.00 SA20 A match replay.
 5.30 Jimmy Anderson's Greatest Spells Archive highlights.
 5.45 to 6.00 AM Blue for Bob

Sky Sports Golf

405 515 505 423 443

- 6.00 AM DP World Tour Golf
 11.00 PGA Tour Golf
 4.30 PM Playing Lessons
 5.30 HotelPlanner Tour Golf
 6.00 Uncommon: Building a Boston Sports Team
 6.30 DP World Tour Golf
 7.00 PGA Tour Golf A review of the AT&T Pebble Beach Pro-Am.
 8.00 Nick Dougherty's Tee Time Tips
 8.30 DP World Tour Golf The fourth day of the Bahrain Championship.
 9.00 PGA Tour Golf A review of the AT&T Pebble Beach Pro-Am.
 10.00 Golf's Greatest Holes
 10.30 DP World Tour Golf The fourth day of the Bahrain Championship.
 11.00 PGA Tour Golf An event review.
 12.00 M'T Roots Annika Sorenstam.
 12.30 AM DP World Tour Golf
 1.00 to 6.00 AM PGA Tour Golf

Sky Sports Tennis

407 517 507 425 445

- 6.00 AM WTA Tennis Recent finals.
 9.00 **LIVE WTA & ATP Tennis** Coverage from the Tours.
 8.00 PM **LIVE ATP Tennis** Coverage of day one of the ATP Rotterdam Open and ATP Dallas Opens staged at Rotterdam Ahoy in the Netherlands and Stylinger/Altec Tennis Complex in Dallas, Texas.
 10.30 **LIVE ATP Tennis** Coverage of the opening day of the ATP Dallas Open staged at Stylinger/Altec Tennis Complex in Dallas, Texas.
 12.00 M'T Mirra Andreeva Podcast
 12.15 AM Martina Navratilova: Unstoppable An interview.
 12.30 Bitesize Tennis Highlights.
 1.00 **LIVE ATP Tennis** Further coverage of day one of the ATP Dallas Open at Stylinger/Altec Tennis Complex in Dallas, Texas.
 5.00 to 6.00 AM WTA Tennis

Sky Sports Mix

416 873 510 429 449

- 6.00 AM Super League Highlights
 7.00 DP World Tour Golf
 7.30 Ryder Cup Memories
 8.00 WTA Tennis Singapore Open.
 10.00 Fight Night International
 11.00 Fight Night Azim v Lipinets.
 12.00 NOON ICC Men's T20 World Cup Super Eight matches.
 2.00 PM ICC U19 Women's World T20 Action from the final.
 2.30 Women's ICC World T20
 3.00 WTA Tennis The Linz Open final.
 5.00 Super League Highlights
 6.00 Fight Night Another chance to see Adam Azim v Sergey Lipinets.
 7.00 Fight Night International
 8.00 Roots Annika Sorenstam.
 8.30 DP World Tour Golf Highlights.
 9.00 PGA Tour Golf An event review.
 10.00 SA20 Highlights from MI Cape Town v Pretoria Capitals.
 11.00 ICC U19 Women's World T20
 11.30 Women's ICC World T20
 12.00 M'T Formula 1 From Sao Paulo.
 1.00 AM PGA Tour Golf
 3.00 Super League Highlights
 4.00 Super Bowl LVIII Highlights
 5.00 to 6.00 AM NFL Highlights

Sky Sports F1

406 516 506 424 444

- 6.00 AM The Home of F1
 12.00 NOON Formula 1 The 2024 Sao Paulo Grand Prix qualifying.
 2.15 PM Ted's Notebook
 2.45 Ted Drives: F1 Car
 3.00 Formula 1 Another chance to see the 2024 Sao Paulo Grand Prix, the 21st round of the season at Autódromo Jose Carlos Pace.
 7.45 Ted's Notebook
 8.15 Formula 1 A chance to see the 2024 Sao Paulo Grand Prix.
 12.00 M'T to 6.00 AM The Home of F1

TNT Sports 1

410 870 527 408 430

- 6.00 AM Premier League Legends
 7.00 Premier League
 8.30 Serie A Highlights from Italy.
 10.30 UEFA Champions League Highlights Show
 11.30 UEFA Europa League & Conference League Highlights
 12.30 PM Allianz Premiership Women's Rugby
 1.30 Premiership Rugby Cup
 2.30 TNT Sports Cricket Reload
 2.45 For the Love of the Game with Laura & Ally With John Barnes.
 3.45 UEFA Europa League Goals
 4.00 Premier League: Big Interview
 4.30 Premier League Stories
 5.00 T20 Cricket Highlights
 6.00 **LIVE Ultimate Pool Group** Five of the Champions League.
 9.30 Fight Week UFC 312 preview.
 10.00 Champions League Magazine
 10.30 UEFA Europa League & Conference League Highlights
 11.30 T20 Cricket Highlights
 12.30 AM NBA on Fire The latest news.
 1.00 **LIVE NBA Oklahoma City Thunder v Milwaukee Bucks.** The inter-conference match from Paycom Centre. Tip-off 1.00am.
 3.30 NBA Action Highlights.
 4.00 to 6.00 AM Premier League

TNT Sports 2

411 871 528 409 431

- 6.00 AM Isuzu UTE A-League
 11.00 T20 Cricket Highlights
 12.00 NOON Women's T20 Super Smash The Grand Final.
 1.00 PM T20 Super Smash
 2.00 SailGP – Racing on the Edge
 2.30 Vendee Globe Highlights
 3.00 Formula E Flashback
 4.00 Formula E Unplugged
 5.00 UEFA Champions League Magazine News and action.
 5.30 UEFA Europa League & Conference League Magazine A round-up of all the latest action.
 6.30 Serie A AC Milan v Inter Milan.
 7.30 AS Roma v Napoli.
 8.30 UEFA Champions League Goals Reload The best goals from the latest round of fixtures.
 8.45 UEFA Europa League Goals Reload The pick of the goals from the latest round of fixtures.
 9.00 Fishing: On the Bank Action from the fourth round of the UK Angling Championship.
 10.00 Vendee Globe Highlights
 10.30 UFC Another chance to see Israel Adesanya v Nassourdine Imavov.
 1.30 AM UFC Main Event
 4.30 Fight Week UFC 312 preview.
 5.00 to 6.00 AM Formula E Unplugged

TNT Sports 3

417 874 529 410 432

- 6.00 AM UEFA Documentaries
 9.00 UEFA Champions League Magazine News and action.
 9.30 UEFA Champions League Goals Reload Recent action.
 9.45 UEFA Europa League Goals
 10.00 Classic Premier League
 4.00 PM Crouchy and Cole
 4.30 In My Blood With Bukayo Saka.
 5.00 Allianz Premiership Women's Rugby Exeter Chiefs v Harlequins.
 6.00 Premiership Rugby Cup Action from Bath v Bedford Blues.
 7.00 Women's T20 Super Smash Action from the Grand Final.
 8.00 T20 Super Smash
 9.00 Isuzu UTE A-League Action from Brisbane Roar v Western Sydney Wanderers.
 10.00 Highlights from Auckland FC v Macarthur FC.
 11.00 Isuzu UTE A-League
 2.00 AM UEFA Champions League Highlights Show
 3.00 UEFA Europa League & Conference League Highlights
 4.00 UEFA Documentaries
 4.30 UEFA Champions League – Stories of the Finals
 5.00 Andrew Mensah's Stand Up Kickabout Erikay FC's story.
 5.30 to 6.00 AM In My Blood

Sky Sports NFL

408 517 507 426 446

- 6.00 AM Super Bowl LV Highlights
 8.00 NFL: America's Game
 9.00 NFL Highlights
 10.00 Super Bowl LIV Highlights
 12.00 NOON NFL Bitesize Highlights
 12.45 PM Super Bowl LVIII Bitesize
 1.00 Good Morning Football
 3.00 NFL Bitesize Highlights
 4.00 NFL Highlights Action from Kansas City Chiefs v Buffalo Bills in the AFC Championship match.
 5.00 Super Bowl LV Bitesize
 5.15 Super Bowl LVI Bitesize
 5.30 Super Bowl LVIII Bitesize
 5.45 Super Bowl LVIII Bitesize
 6.00 Super Bowl LV Highlights
 8.00 NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show.
 10.00 Super Bowl LVIII Highlights San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
 11.00 NFL Highlights Philadelphia Eagles v Washington Commanders in the NFC Championship match.
 12.00 M'T The Insiders The latest news covering all 32 NFL teams.
 1.00 AM Super Bowl Opening Night Players make their first public appearance of Super Bowl week.
 4.00 NFL Bitesize Highlights
 5.00 to 6.00 AM NFL Highlights

TNT Sports 4

421 876 530 411 434

- 6.00 AM MLB Classic Archive action.
 1.00 PM NBA A replay of Cleveland Cavaliers v Dallas Mavericks.
 2.30 Another chance to see Philadelphia 76ers v Boston Celtics.
 4.00 NBA Classic A look back at Denver Nuggets v Oklahoma City Thunder in the 2016/17 season.
 5.30 NBA A chance to see Cleveland Cavaliers v Dallas Mavericks.
 7.00 Another chance to see Philadelphia 76ers v Boston Celtics.
 8.30 NBA on Fire The latest news from the world of the NBA.
 9.00 NBA Action A round-up of the latest action from the NBA.
 9.30 NBA A chance to see Cleveland Cavaliers v Dallas Mavericks.
 11.00 Another chance to see Philadelphia 76ers v Boston Celtics.
 12.30 AM MLB New York Yankees v Los Angeles Dodgers in games three and four of the 2024 World Series staged at Yankee Stadium.
 5.30 to 6.00 AM MLB Classic

Eurosport 1

413 870 521 412 435

- 6.00 AM Alpine Skiing
 8.00 Snooker: German Masters
 10.00 Australian Open Tennis
 11.00 Cycling: Challenge Mallorca
 12.00 NOON Ski Jumping
 3.00 PM Alpine Skiing At Garmisch-Partenkirchen in Germany.
 4.00 Cyclo-Cross From Lievin, France.
 6.00 SailGP – Racing on the Edge
 6.30 Spirit of Yachting The latest sailing news and highlights.
 7.00 Ski Jumping Highlights from Willingen, Germany, featuring the mixed team HS147 competition.
 8.00 Alpine Skiing Action from the men's downhill event at Garmisch-Partenkirchen in Germany.
 9.00 Snooker: German Masters Action from the final in Berlin.
 11.00 Australian Open Tennis
 12.00 M'T Cycling: AIUla Tour
 1.00 AM Cycling: Challenge Mallorca The Trofeo Palma.
 2.00 Alpine Skiing Recent action.
 4.00 to 6.00 AM Cyclo-Cross

Eurosport 2

414 871 522 413 436

- 6.00 AM Masters Snooker
 8.00 Cyclo-Cross From Lievin, France.
 10.00 Alpine Skiing Recent action.
 12.00 NOON Snooker: German Masters The final in Berlin.
 2.00 PM Australian Open Tennis The women's singles final.
 3.30 Australian Open Tennis Action from the men's singles final.
 5.00 Masters Snooker Action from the final at Alexandra Palace.
 7.00 Cycling: AIUla Tour Highlights from stage five in Saudi Arabia.
 8.00 Cycling: Challenge Mallorca Highlights from the Trofeo Palma, a men's one-day race.
 9.00 Australian Open Tennis Action from the doubles finals.
 11.00 Alpine Skiing From Garmisch-Partenkirchen in Germany.
 12.00 M'T From Courchevel.
 1.00 AM Ski Jumping The women's individual HS147 from Willingen.
 2.00 Cyclo-Cross From Lievin, France.
 4.00 to 6.00 AM Ski Jumping

Sky Sports+

412 518 508 427 447

- 6.00 AM Sky Sports News Round-up of the sports news with analysis and comment, plus extended interviews with headline-makers.
 7.00 Transfer Deadline Day Updates from the final moments of the window, as clubs try to add to their squads at the last opportunity.
 9.00 **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, featuring the Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.
 8.00 PM **LIVE ATP Tennis** Coverage of day one of the ATP Rotterdam Open and ATP Dallas Opens staged at Rotterdam Ahoy in the Netherlands and Stylinger/Altec Tennis Complex in Dallas, Texas.
 10.30 Transfer Deadline Day Updates from the final moments of the window, as clubs try to add to their squads at the last opportunity.
 12.00 M'T to 6.00 AM Sky Sports News

Documentary



Alan Titchmarsh's Underdog to Superdog

Channel 5, 7pm

Experts retrain problem pooches for incredible jobs like fire investigation.

Factual



Top Guns: Inside the RAF

C4, 9pm (box set, Channel 4)

As the series returns, we're given exclusive cockpit access for secret spy missions and action on the frontline.

Drama



Mussolini: Son of the Century

Sky Atlantic, 9pm (box set, Sky Box Sets)

Drama telling the story of Italian dictator Benito Mussolini and his rise to power.

Reality



Alone USA

C4, 10pm (box set, Channel 4)

Ten survivalists have to live on their own in the wilderness of Canada, fighting the extreme weather and deadly predators.

	SKY	EVENING TIME	7.00 PM	7.30 PM	8.00 PM	8.30 PM	9.00 PM	9.30 PM	10.00 PM	10.30 PM
FAVOURITES	101	BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Silent Witness		10.00 News; Local News	
	102	BBC2	7.00 Villages by the...	7.30 Nadiya's Fast...	8.00 Great British Menu		9.00 David Mitchell's Outsiders	9.45 Live at the Apollo		10.30 Newsnight
	103	ITV1	7.00 Emmerdale	7.30 Tonight	8.00 Coronation Street		9.00 True Crime Presents: Tracking a Serial...		10.00 News; Local News	
	104	CHANNEL 4	7.00 News		8.00 The Fear Clinic: Face Your Phobia		9.00 Top Guns: Inside the RAF		10.00 Alone USA	
	105	CHANNEL 5	7.00 Alan Titchmarsh's Underdog to...		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 A Killer Makes a Call	
	106	SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Global Adventure		9.00 From			
ENTERTAINMENT	115	BBC3	7.00 Top Gear		8.00 Celebrity Race Across the World		9.00 Life and Death Row	9.50 Body on the Beach: What Happened to Annie?		
	116	BBC4	7.00 The Architecture the Railways Built		8.00 Going Straight	8.30 As Time Goes By	9.00 Charles I: Downfall of a King		10.00 Storyville: Black Box Diaries	
	118	ITV2	7.00 Family Fortunes: Celebrity Christmas...		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars		10.05 The Sex Lives of College Girls	
	136	MORE4	6.55 Car S.O.S.		7.55 Grand Designs		9.00 PopMaster TV		10.00 24 Hours in A&E	
	135	E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107	SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 The Cleaning Lady		10.00 FBI: Most Wanted	
	108	SKY ATLANTIC	6.50 Billions		7.55 Game of Thrones		9.00 Mussolini: Son of the Century		10.15 Lockerbie: A Search for...	
	110	U&GOLD	6.40 Dad's Army		8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder II		10.00 The Office	10.40 Good...
	111	U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119	ITV3	6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
	120	ITV4	7.00 The Motorbike Show		8.00 Monster Carp		9.00 Giant Lobster Hunters		10.00 Film: Rambo III	
	112	COMEDY CENTRAL	7.00 Friends				9.00 Film: The Interview			
DOCUMENTARY	139	SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113	SKY MAX	7.00 Stargate SG-1		8.00 Rob & Romesh vs Andy Murray		9.00 From			
	109	U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130	SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 The Michelangelo Code: Secrets of the Sistine Chapel				10.15 A Midsummer Night's...	
	132	U&W	7.00 Property Brothers: Family Flashback		8.00 Inside the Ambulance		9.00 Who is Ghislaine Maxwell?		10.00 The Menendez Murders: Erik Tells All	
	125	DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Gold Rush		10.00 Harpoon Hunters	
FILMS - Sky Cinema	162	ANIMAL PLANET	7.00 Dodo Heroes		8.00 Flying Wild Alaska		9.00 Pit Bulls & Parolees: Tia's Tales		10.00 Alaskan Bush People	
	129	NAT GEO	7.00 Air Crash Investigation		8.00 WW2: Hell Under the Sea		9.00 Hitler's Last Stand		10.00 Hitler the Junkie	
	123	SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 The Proof Is Out There		10.05 Prison Chronicles	
	155	U&YESTERDAY	7.00 Guy's Garage		8.00 Speed with Guy Martin		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	121	SKY DOCS	7.00 Bowie: The Man Who Changed the World				9.00 Boyzone: No Matter What		10.00 Blur: To the End	
SPORT	301	PREMIERE	5.45 The Killer		8.00 Furiosa: A Mad Max Saga				10.35 Bad Boys...	
	302	VALENTINE	6.10 What Happens Later		8.00 P.S. I Love You				10.10 Spoiler Alert	
	303	HITS	6.10 The Beekeeper		8.00 The Meg				10.05 Meg 2: The Trench	
	304	GREATS	6.00 Blade Runner		8.00 Robin Hood: Prince of Thieves				10.25 Enter the Dragon	
	305	ANIMATION	5.35 The Lego...	7.30 Ruby Gillman, Teenage Kraken			9.10 Batman: Return of the Caped Crusaders		10.40 Mia...	
	306	FAMILY		7.15 Goosebumps 2: Haunted Halloween			9.00 Dungeons & Dragons: Honour Among Thieves			
	307	STUNTS	6.10 The Bourne Supremacy		8.00 The Equalizer 3				10.00 Jack Reacher	
	308	COMEDY	6.20 Mr Deeds		8.00 Miss Congeniality 2: Armed and Fabulous				10.05 Balls of Fury	
	309	THRILLER	6.25 Unhinged		8.00 Ocean's Thirteen				10.15 Escape from Alcatraz	
	310	DRAMA	6.10 The Unlikely Pilgrimage of Harold Fry		8.00 Allelujah			9.45 Phantom Thread		
SPORT	311	SCI-FI	6.05 Five Nights at Freddy's		8.00 Ready Player One				10.25 Videodrome	
	313	FILM4	6.40 A Good Year				9.00 Transporter 2			
	401	MAIN EVENT	3.00 SA20 - Live	7.30 Tennis - Live	8.00 Tennis - Live: The ATP Rotterdam Open and ATP Dallas Open				10.30 Tennis - Live	
	402	PREMIER LEAGUE	7.00 PL Review		8.00 Netbusters	8.30 Soccerbox	9.00 PL Review		10.00 PL Icons	
	403	FOOTBALL	7.00 EFL Highlights		8.00 Bundesliga Highlights Show		9.00 WSL		10.00 EFL Highlights	10.30 Scottish...
	404	CRICKET	3.00 SA20 - Live	7.30 Jimmy...	8.00 ICC Men's T20 World Cup		9.00 SA20			
SPORT	410	TNT SPORTS 1	7.00 PL Reload	7.30 Women's Ashes				9.30 Test Cricket Highlights		
	411	TNT SPORTS 2	7.00 Women's T20 Super Smash		8.00 T20 Super Smash		9.00 UEFA Reload	9.30 Fight Week	10.00 UFC	



BBC1

101 101 1 101 101

- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer **New edition** From Dover. (S)(AD)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition** A solution to block out snoring. (S)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country **New edition** From east Devon. (S)
3.45 The Travelling Auctioneers **Series finale** Decluttering. (S)
4.30 The Repair Shop on the Road **New edition** From Devon. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



8.00 Inside the Factory

- 7.00** The One Show
Alex Jones and Lauren Laverne present the topical show. (S)
7.30 EastEnders
Harry makes a discovery at the Arches, Denise has a romantic dilemma, and Sonia begs a huge favour from Jack. (S)(AD)

- 8.00** Inside the Factory **Series finale** 6/6. Paddy McGuinness visits a factory in Northern Ireland producing half a million sausage rolls every day, while Cherry Healey finds out exactly what goes into black puddings. (S)(AD)

- 9.00** Silent Witness **Series finale** I Believe in Love - Part Two: 10/10. Nikki and Harriet make a discovery while examining Doug's brain, and another murder leads the team closer to discovering the shooter's identity. (S28) (S)(AD)

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 **NEW TO BBC1** Boarders 1/6. Return of the comedy drama. Carol announces she is stopping two of the five scholarships. Omar is distracted by secrets, and Leah meets a new student. *Previously shown on BBC3.* (S2) (S)(AD)

- 11.30** Boarders **New episode** 2/6. Jaheim urgently tries to make money, but it ends in disaster. See feature, page 12. (S2) (S)(AD) ■ Entire series on BBC iPlayer
12.15 AM The Traitors US 2/12. The game is turned on its head by the arrival of three new players. (S)(R)
1.20 Pointless Celebrities (S)(R)
2.05 Weather for the Week Ahead (S)
2.10 to **6.00** AM BBC News (S)

BBC2

102 102 2 102 102

- 6.30** AM The Travelling Auctioneers (R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Digging for Britain (R)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 Thailand: Earth's Tropical Paradise 1/3. The wildlife and culture of the nation. (S)(R)(AD)
4.15 World's Weirdest Events (S)(R)
5.15 Flog It! From Ayrshire. (S)(R)
6.00 Richard Osman's House of Games **New edition** With Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson. (S)
6.30 Alison Hammond's Florida Unpacked **New edition** 7/15. Alison and Aidan catch the Miami Dolphins in action. (S)(AD)



9.00 David Mitchell's Outsiders

- 7.00** Villages by the Sea
Archaeologist Ben Robinson discovers the impressive lime kilns in Solva, Wales. (S)(R)
7.30 Nadiya's Fast Flavours 5/6. Nadiya Hussain's recipes include banana thyme loaf and a nutty burger. (S)(R)(AD)

- 8.00** Great British Menu **New edition** Four chefs from the south-west of England prepare canapes, starters and fish dishes celebrating great Britons of the past for a banquet at Blenheim Palace. (S) ■ Continues tomorrow

- 9.00** **NEW TO BBC2** David Mitchell's Outsiders 1/6. Maisie Adam, Fatiha El-Ghorri, Darren Harriott, Phil Wang, Jessica Hynes and Joe Wilkinson take part. *Previously shown on U&Dave.* (S)(AD)

- 9.45** Live at the Apollo **Series finale** 7/7. Tim Renkow welcomes comedians Janine Harouni and Stuart Goldsmith to the stage at London's Hammersmith Apollo. (S)
10.30 Newsnight (S)

- 11.00** Weather (S)
11.05 Murder Trial: Girl in the River 1/2. The 1996 murder of Scottish schoolgirl Caroline Glachan, whose body was found in the River Leven, Dunbartonshire. (S)(R)(AD)
12.05 AM Sign Zone: Dragons' Den Fashion expert Trinny Woodall joins the regular Dragons. (S)(R)(AD)
1.05 Sign Zone: This Farming Life Frictions rise between Nick and dad Derek in a year of transition. (S)(R)
2.05 to **6.30** AM Previews (S)

ITV1

103 103 803 103 3 103 103 103

- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Tipping Point: Best Ever Finals Compilation of some of the show's most dramatic endgames. (S)(R)
2.30 Pictionary **New edition** Angela Scanlon and Brian Conley take part in the game show. (S)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Ash takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



8.00 Coronation Street

- 7.00** Emmerdale
A flashback episode reveals missing April's story. (S)(AD)
7.30 Tonight: Supermarkets - How to Save on Your Shop **New edition** Kate Quilton reports on supermarkets and finding the best deals. (S)

- 8.00** Coronation Street
Max and Toyah's lives hang in the balance as David and Leanne both deny starting the fire, and Kevin fears the worst when Abi disappears. (S)(AD)

- 9.00** True Crime Presents: Tracking a Serial Killer **New edition** A dangerous killer is on the loose and detectives need to act fast when two men are found stabbed to death in neighbouring flats in Derby. (S)

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 The 1% Club
Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)
11.45 Who Wants to Be a Millionaire? **Celebrity Special** Anton du Beke and Fred Sirieix attempt to answer 15 questions correctly in the hope of winning £1 million for charity. Jeremy Clarkson hosts. (S)(R)
12.35 AM Teleshopping
3.00 Lingo Word-based game show hosted by Adil Ray. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 804 108 4 104 104/106

- 6.25** AM Cheers 6-8/28. (S11) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier (S3&4) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From California. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** A lull in business threatens Jo and Ken's hotel. (S)
5.00 Four in a Bed **New edition** The second visit of the week is to The Royal Oak in Hawkhurst, Kent. (S)
5.30 Come Dine with Me **New edition** Student Saoirse hosts the second dinner party in Glasgow. (S)
6.00 A Place in the Sun **New edition** A Shropshire couple look for a property in Languedoc, France. (S)



8.00 The Fear Clinic: Face Your Phobia

- 7.00** News (S)

- 8.00** The Fear Clinic: Face Your Phobia **New edition** Miriam and Dave check into the fear clinic to treat their respective phobias of sheep and moths. Meanwhile, Devereaux, who has a phobia of sausage dogs, returns. (S)(AD)

- 9.00** **NEW SERIES** Top Guns: Inside the RAF 1/6. Following key characters at the RAF's busiest operational airbases in the UK and abroad as tensions rise in Eastern Europe and the Middle East. (S)(AD) ■ Entire series on C4 Online

- 10.00** **NEW SERIES** Alone USA 1/11. Ten lone survivalists endure the remote Canadian wilderness where they must make quick decisions in the face of the changing weather. (S) ■ Entire series on C4 Online
11.25 8 Out of 10 Cats Does Countdown Jon Richardson and Amy Gledhill take on Richard Ayoade and Guz Khan. (S)(R)
12.25 AM Ramsay's Hotel Hell (S)(SL)(R)
1.15 The Last Leg (S)(SL)(R)
2.10 Travel Man: 48 Hours in Malmö With Rose Matafeo. (S)(SL)(R)(AD)
2.35 The Great Pottery Throw Down 5/10. The remaining potters create a set of shop fronts. (S)(SL)(R)(AD)
3.45 Find It, Fix It, Flog It (S)(R)
4.05 Frasier 13-16/24. (S1) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S9) (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM Mystery Island Drama starring Elizabeth Henstridge. (S) (2023, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun **New edition** Chrissy is desperate for a holiday, but Shane has plans to go and look at a new bar. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life Cannon Hall's Rob and Dave Nicholson travel to the southern Pennines, where a passion project is bearing fruit. (S)(R)
6.55 News (S)

NEW



7.00 Underdog to Superdog

- 7.00 NEW SERIES Alan Titchmarsh's Underdog to Superdog**
 1/4. Alan follows the journeys of dogs who are being given a new purpose in life. See feature, page 20. (S)
7.55 News (S)

- 8.00 Dogs Behaving (Very) Badly**
New edition Dog trainer Graeme Hall meets jealous Frenchie Bingo, who is hellbent on stopping owner Alan from making any progress with his love life. (S)
9.00 Ben Fogle: New Lives in the Wild
New edition Ben ventures deep into the Sturt Desert to Fort Grey to meet one of the most remote families he has ever encountered, married couple Bec and Reece. (S)

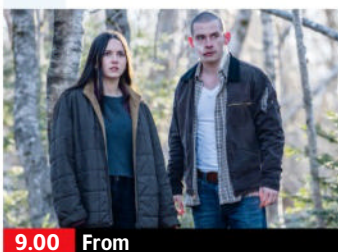
- 10.00 NEW SERIES A Killer Makes a Call**
 1/6. Veteran pilot Robert Brown's call to the police about a domestic incident with his ex-wife, Joanna, is used as the starting point in investigating her murder. (S)
11.30 Killer at the Crime Scene An oil rig worker is found murdered in a burnt-out car. (S)(R)
12.30 AM Car Pound Cops (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Hotel Chocolat: Unwrapped (R)
3.50 Happy Campers: The Caravan Park (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.35 to 5.40 AM Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Orangutan Jungle School (R)
12.00 NOON Supergirl (S6) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 8/15. (S5) (S)(R)
5.00 The Simpsons Night of the Living Wage: Marge gets a job in a high-pressure kitchen. (S)(R)
5.30 Frinkenstein's Monster: Professor Frink helps Homer land a high-level job. (S)(R)
6.00 The Office (US) 9/26. Michael encourages his colleagues to invest in Ryan's company. (S)(R)
6.30 10/26. Pam begins to lose patience with Dwight's cost-cutting. (S7) (S)(R)



9.00 From

- 7.00 The Simpsons**
Cremains of the Day: Homer, Lenny, Carl and Moe embark on a road trip. (S)(R)
7.30 The Tell-Tale Pants: Marge secretly spends a windfall on herself when she gets angry with Homer. (S)(R)

- 8.00 David Attenborough's Global Adventure**
 Documentary using previously unseen footage of some of the greatest filming sequences of David Attenborough's career, from the Great Barrier Reef to Borneo. (S)(R)(AD)
9.00 From
New episode These Fragile Lives: 7/10. The edges begin to fray as concerns about Fatima's pregnancy deepen. Meanwhile, Jade follows a trail in the forest. (S)

- 10.00 From**
New episode Thresholds: 8/10. Accusations start flying in the aftermath of a tragedy, and Victor struggles to recover memories about the town's past. (S3) (S)
 ■ Entire series on Sky Box Sets

- 11.00 Brassica 5/6.** Vinnie's plan to carry out an audacious raid on a rival grower's weed farm is sabotaged. (S1) (S)(R)(AD)
12.00 MT The Force: North East Bonfire night brings chaos. (S)(R)
1.00 AM Brit Cops: Law & Disorder Documentary. (S)(R)(AD)
2.00 Road Wars (S)(R)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 8/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
12.15am Scotcast (S)(R)
12.45 The Traitors US (S)(R) **1.50 Pointless Celebrities (S)(R)** **2.35 Weather for the Week Ahead (S)** **2.40-6.00am BBC News (S)**

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
 No variations

WALES
 Sky 965, Virgin 864, Freesat 965
10.40pm Legends of Welsh Sport: Nicky Grist
New edition (S) **11.10 Boarders (S)(R)(AD)**
12.45am Have I Got News for You (S)(R) **1.15-6.00am BBC News (S)**

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES
 Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.45 The Edge (S)(R)** **3.30 The Boss (S)(R)** **4.15-5.15pm Thailand: Earth's Tropical Paradise (S)(R)(AD)**

ITV1

As main ITV1 except:

WALES
10.45-11.45pm Sharp End: Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon Newyddion a'r Tywydd**
12.05pm Codi Pac
12.30 Heno **1.00 Colleen Ramsey: Bywyd a Bwyd**
1.30 Ffermio **2.00 Newyddion a'r Tywydd**
2.05 Prynghawn Da **3.00 Newyddion a'r Tywydd**
3.05 Priodas Pum Mil
4.00 Awr Fawr **5.00 Stwnsh** **6.00 Pobol y Rhondda** **6.30 Sgorio**
6.57 Newyddion **7.00 Heno** **New edition** **7.30 Newyddion a'r Tywydd**
8.00 Pobol y Cwm **New episode (AD)** **8.25 Rownd a Rownd (AD)** **8.55 Newyddion a'r Tywydd**
9.00 Ty Ffi **New edition**
10.00 Gwladfa: Gwilym Bowen Rhys **10.30-11.35pm Radio Fa'ma (AD)**

TV&Satellite
New issue
on sale
today

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Matt LeBlanc and Chris Harris review the Bentley Continental GT.
7.55 The Catch Up
8.00 Celebrity Race Across the World 3/6. The third leg sees the teams racing from Lencois to Sao Paulo.
9.00 Life and Death Row
Series finale 3/3. Following the final few weeks of the appeals process as Ramiro Gonzales attempts to have his execution overturned.
9.50 Body on the Beach: What Happened to Annie? 1/4. Journalist Hazel Martin investigates the death of Annie Börjesson.
10.20 2/4. Hazel attempts to piece together Annie Börjesson's final hours.
10.50 Man Like Mobeen
12.00 MT Such Brave Girls
12.50 AM Life and Death Row
1.40 Squad Goals: Dorking
 'Til I Die Double bill.
2.40 My Mate's a Bad Date
3.05 to 3.55 AM Life and Death Row

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Vintage Gems**
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY DIY novice Trish tries to rebuild a bridge that sits over a stream.
5.50 Car S.O.S Fuzz Townshend and Tim Shaw head to Essex to fix up a 1970s supercar.
6.55 Tim and Fuzz take on a 1973 saloon that has spent decades in a dusty barn.
7.55 Grand Designs
 Chiropractor Steph and her husband Alex build a contemporary, cantilevered farmhouse on farmlands once owned by her grandfather in Herefordshire.
9.00 PopMaster TV
New edition Ken Bruce hosts the fourth heat of Britain's toughest music quiz, as more contestants relive the hits and see if they really know the charts.
10.00 24 Hours in A&E A man is brought to resus with a head injury after having an epileptic seizure, and he is sent for an urgent CT scan to assess the damage to his brain.
11.05 A 62-year-old woman is treated having broken her wrist at a family party.

- 12.10 AM PopMaster TV**
1.15 24 Hours in A&E
3.25 to 3.55 AM Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture the Railways Built** Exploring the disused Tube station Down Street in Mayfair.
7.45 The Flying Gardener
 A look at examples of vertical gardening in the castles and villages of the Cotswolds.
8.00 Going Straight Fletcher gets to know his family.
8.30 As Time Goes By Lionel is suspicious of Alistair.
9.00 Charles I: Downfall of a King 3/3. Lisa Hilton relates how Charles I plotted to arrest John Pym.
10.00 NEW Storyville: Black Box Diaries Journalist Shiori Ito investigates her own sexual assault, seeking to prosecute the high-profile offender and expose Japan's outdated judicial and societal systems.
11.30 The Cult Next Door
12.30 AM 70 Million Animal Mummies: Egypt's Dark Secret Documentary.
1.30 Tutankhamun's Egypt
2.30 The Flying Gardener
2.45 to 3.45 AM Charles I: Downfall of a King

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks A scorned wife plots her revenge.
7.30 Modern Family 13/18. Everyone joins Jay on one last family trip to Paris. (S11)
8.00 The Simpsons The Wreck of the Relationship: Homer and Bart go on a father-son bonding ocean voyage.
8.30 Super Franchise Me: Marge decides to open her own sandwich shop.
9.00 Celebrity Gogglebox Matt Hancock's apology – and resignation – is assessed.
10.00 Gogglebox Shows include *Big Brother: The Launch*.
11.05 First Dates
12.10 AM Naked Attraction
1.15 Celebrity Gogglebox
2.20 Gogglebox
3.15 Teen First Dates
4.10 The Simpsons
4.35 Brooklyn Nine-Nine
5.00 to 6.00 AM Ramsay's Kitchen Nightmares USA

+1 hour 235/236 306 30 123

Tuesday

primetime

primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

- 6.00 AM **The Force: Manchester**
 7.00 **Motorway Patrol**
 8.00 **Border Patrol**
 9.00 **Border Security USA**
 10.00 **Border Security: Canada's Front Line** Double bill.
 11.00 **Bull** 21/22. (S6)
 12.00 **NOON FBI** 1/13. (S6)
 1.00 **PM FBI: International** (S3)
 2.00 **FBI: Most Wanted** 1/13. The Task Force head to Virginia when a mysterious deal results in multiple fatalities. (S5)
 3.00 **Stop, Search, Seize**
 4.00 **Nothing to Declare**

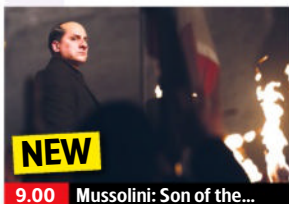


9.00 **The Cleaning Lady**

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Fish Town** Double bill.
 8.00 **The Sopranos** 9&10/21. (S6)
 10.10 **Billions** 7&8/12. (S4)
 12.20 PM **Game of Thrones** (S3)
 1.25 **Big Love** 5&6/12. (S1)
 3.35 **The Sopranos** 9/21. Paulie organises an annual feast.
 4.40 10/21. Vito reaches the end of his tether with Jim and pines for his old lifestyle. (S6)
 5.45 **Billions** 7/12. Wendy and Axe devise a new plan of attack against Taylor.
 6.50 8/12. Taylor ignites a public battle with Axe. (S4)

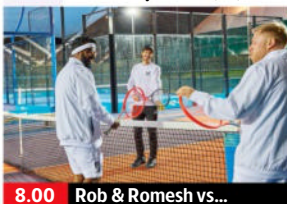


9.00 **Mussolini: Son of the...**

Sky Max

113/114 813 111 346 351

- 6.00 AM **S.W.A.T.** (S5)
 8.00 **Supergirl** 18/20. (S6)
 9.00 **Stargate SG-1** (S1)
 11.00 **Manifest** 3/13. (S3)
 12.00 **NOON Supergirl** 20/20. (S6)
 1.00 PM **S.W.A.T.** 2&3/22. (S6)
 3.00 **NCIS: New Orleans** (S7)
 4.00 **MacGyver** 8/15. (S5)
 5.00 **Manifest** 2/13. Ben asks the help of an old rival for an important task. (S3)
 6.00 **Stargate SG-1** 3/22. Doctors discover a Goa'uld larva has attached itself to Kawalsky's brain. (S1)



8.00 **Rob & Romesh vs...**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
 9.00 **World's Funniest Videos**
 9.55 **Secret Crush** Double bill.
 12.00 **NOON Dinner Date**
 1.00 PM **Supermarket Sweep**
 2.00 **Family Fortunes: Celebrity Christmas Special**
 3.00 **Charmed** 7/22. (S7)
 4.00 **Gilmore Girls** 6/22. Emily hosts the launch of Richard's new company. (S4)
 5.00 **Dinner Date**
 6.00 **Celebrity Catchphrase** With Sarah Millican, Vernon Kay and Joel Dommett.

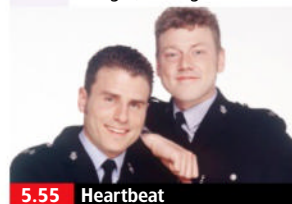


10.05 **The Sex Lives of College...**

ITV3

119 117 10 115

- 6.00 AM **Classic Emmerdale**
 7.00 **Classic Coronation Street**
 8.10 **A Touch of Frost**
 10.35 **The Royal Fever**
 11.40 **Heartbeat** Double bill.
 1.40 PM **Classic Emmerdale**
 2.40 **Classic Coronation Street**
 3.40 **A Touch of Frost Appendix** Man: Jack returns from his compassionate leave to help DS Hazel Wallace investigate when a man is found hanged.
 5.55 **Heartbeat Home to Roost**: Hippies colonise Lawson's cottages, causing local dissent.



5.55 **Heartbeat**

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **FBI Unforeseen**: 6/13. The team investigate when several people are found dead from a poisonous gas. (S6)

9 PM

- 9.00 **The Cleaning Lady** 3/10. Thony is given an ultimatum that could risk her son's access to medical treatment. (S1)

10 PM

- 10.00 **FBI: Most Wanted** *Gladiator*: 7/22. The team investigate the murder of a professional basketball player's wife. (S3)
 11.00 **The Rookie** 14/20. (S2)
 12.00 **MT Law & Order: Organized Crime** 4/8. (S1)
 1.00 AM **The Good Doctor** (S1)
 2.00 **Bull** 19/22. (S6)
 3.00 **The Rookie: Feds** 2/22. (S1)
 4.00 **Highway Patrol**
 5.00 to 6.00 AM **Road Wars**

+1 hour 207 310

- 7.55 **Game of Thrones** *Dark Wings, Dark Words*: 2/10. Margaery and her grandmother encourage Sansa to speak freely about Joffrey. Guest stars Diana Rigg (S3)

- 9.00 **NEW SERIES Mussolini: Son of the Century** 1/8. Italian drama starring Luca Marinelli. Subtitled. See feature, page 12. (S1)
 ■ Entire series on Box Sets

- 10.15 **Lockerbie: A Search for Truth** 5/5. Jim is left at a loss when Megrahi gives up his appeal. (S1)

- 11.15 **Riviera** 3/8. Daphne reveals how Nico makes her feel.
 12.05 AM 4/8. Georgina vows to seek revenge. (S3)
 1.00 **The Wire** 10/12. (S3)
 2.00 **Game of Thrones** As 7.55pm.
 3.05 **Gomorra** 8/12. (S4)
 4.00 to 6.00 AM **Fish Town**

+1 hour 208/209

- 7.00 **Stargate SG-1** *Emanicipation*: 4/22. Carter fights for equality on a planet where women have no rights whatsoever. (S1)

- 8.00 **Rob & Romesh vs Andy Murray** Rob Beckett and Romesh Ranganathan meet the tennis star.

- 9.00 **From New episode** *These Fragile Lives*: 7/10. The edges begin to fray as concerns about Fatima's pregnancy deepen.

- 10.00 **From New episode** *Thresholds*: 8/10. Victor struggles to recover memories about the town's past. (S3)
 ■ Entire series on Box Sets

- 11.00 **Brassic** 5/6. Erin's diabolical brother Ronnie turns up. (S1)
 12.00 **MT A League of Their Own**
 1.00 AM **Brit Cops: Law & Disorder**
 2.00 **Road Wars**
 3.00 **NCIS: New Orleans** 11/16. (S7)
 4.00 **MacGyver** 8/15. (S5)
 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Family Fortunes: Celebrity Christmas Special** With Shirley Ballas, Vogue Williams and Spencer Matthews.

- 8.00 **Gordon Ramsay's Food Stars USA** **New edition** The teams present and sell unusual kitchen gadgets to buyers.

- 9.00 **Love Island: All Stars** **New edition** The temperature keeps on rising with every passing day in the villa.

- 10.05 **NEW SERIES The Sex Lives of College Girls** 1/10. Return of the US comedy drama.
 10.50 **New episode** 2/10. Whitney's desire to focus on herself is challenged. (S3)
 11.40 **Family Guy** 19&20/20. (S21)
 12.35 **AM American Dad!** (S1&17)
 1.30 **Bob's Burgers** 7&8/22. (S10)
 2.25 **The Stand Up Sketch Show** to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

- 6.55 **Heartbeat Uninvited** *Guests*: A salmonella epidemic grips the village, putting Gina's chicken pies under the microscope.

- 8.00 **Vera Castles in the Air**: The detective investigates the murder of a young physiotherapist at a luxury country retreat, and Joe tries to make amends with the demons of his past.

- 10.00 **Endeavour** *Fugue*: Morse meets his intellectual match when a serial killer haunting the streets of Oxford keeps himself one step ahead of the law and leaves cryptic messages.

- 12.00 **MT Trial & Retribution** 1/2. A police search leads to the body of a missing five-year-old, the victim of sexual assault and strangulation. (S1)
 2.05 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106

REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
 7.00 PM **Reporting Scotland**
 7.30 **Designing the Hebrides** The team transform a fish shop in Tobermory.
 8.00 **This Farming Life** **New edition** 3/12. Kezia's pigs aren't keen to budge for market day.
 9.00 **Murder Trial: Girl in the River** **Series finale** 2/2. The fate of the defendants in the murder case of 14-year-old Caroline Glachan hangs in the balance.
 10.00 **The Ice Cream Wars** 1/2. The inside story of how Glasgow's housing schemes and the ice-cream vans that served them became central to a criminal war.
 11.00 **Scotcast** **New edition**
 11.30 PM to 12.00 MT **Dinosaur** 2/6. Evie's family try to impress Ranesh's father. (S1)

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **Mr Mayor** (S1)
 9.00 **The Conners** (S3)
 10.00 **Silicon Valley** (S5)
 11.20 **High Maintenance** (S2)
 12.40 PM **Entourage** (S6)
 2.00 **Silicon Valley** (S5)
 3.25 **High Maintenance** (S2)
 4.45 **Mr Mayor** (S1)
 5.45 **The Office (US)** (S7)
 6.45 **The Conners** (S3)
 7.45 **Ballers** 4/8. Spencer settles into his new role.
 8.25 5/8. Charles tries to land a big player. (S5)
 9.00 **In the Long Run** 1/7. Valentine moves out of the Easmons' home.
 9.30 2/7. Bagpipes makes a bold bid to run Leon out of town. (S2)
 10.00 **The Tonight Show** **Starring Jimmy Fallon** **New edition** Chat show.
 11.00 **Romantic Getaway** (S1)
 12.00 MT **The Righteous Gemstones** (S1)
 2.00 AM **Enlightened** (S2)
 3.30 to 5.00 AM **High Maintenance**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **Anne-Sophie Mutter, John Williams & Friends: A Celebration**
 8.10 **The Joy of Painting**
 9.10 **Tales of the Unexpected**
 10.00 **Hitchcock Presents**
 11.00 **Discovering**
 12.00 **NOON Portrait Artist...**
 1.00 PM **Tales of the...**
 2.00 **Landscape Artist of the Year** From north Wales.
 3.00 **Discovering**
 4.00 **Classic Albums**
 5.00 **Portrait Artist 2020**
 6.00 **Tales of the Unexpected**
 7.00 **Alfred Hitchcock Hour**
 8.00 **The Michelangelo Code**
 10.15 **A Midsummer Night's Dream**
 12.25 AM **Les Misérables** and Victor Hugo
 1.35 **Inside Art**
 2.00 **Landscape Artist of the Year** **New edition**
 3.00 **NEW Miyazaki: Spirit of Nature**
 4.35 **The Art of Australia**
 5.50 to 6.00 AM **Arts Uncovered**

Sky Mix

151 135 11 141

- 7.00 AM **Nothing to Declare**
 9.00 **Monkey Life**
 10.00 **Stop, Search, Seize**
 11.00 **Highway Patrol**
 12.00 **NOON Motorway Patrol**
 1.00 PM **Border Patrol**
 2.00 **Monkey Life**
 3.00 **Nothing to Declare**
 4.00 **Star Trek: The Next Generation** 22/26. (S6)
 5.00 **Stargate Atlantis** (S1)
 6.00 **Star Trek: Deep Space Nine** 15/26. (S7)
 7.00 **Star Trek: Voyager** (S4)
 8.00 **Hawaii Five-0** (S7)
 9.00 **FBI: Most Wanted** *Incendiary*: 10/22. (S3)
 10.00 **FBI: International** *On These Waters*: 18/21. (S1)
 11.00 **Britain's Most Evil Killers** Dale Cregan.
 12.00 MT **Snapped**
 1.00 AM **Nothing to Declare**
 2.00 **Brit Cops: Rapid Response** Documentary.
 3.00 **Highway Patrol**
 4.00 **Border Patrol**
 5.00 to 6.00 AM **Highway Cops**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
 7.40 **NEW SERIES** *Backyard Builds* DIY series.
 8.10 **Olivia Meets Her Match**
 9.10 **Food Trip Down Under**
 10.10 **Buying and Selling**
 11.10 **The Real Housewives of Beverly Hills**
 12.05 PM **Olivia Meets Her...**
 1.05 **The Only Way Is Essex**
 2.05 **Dinner Date**
 3.10 **NEW SERIES** *Scott's Vacation House Rules*
 4.05 **The Real Housewives of Beverly Hills**
 5.00 **The Real Housewives of New Jersey** **New edition**
 6.00 **Buying and Selling**
 7.00 **Food Trip Down Under**
 8.00 **Dinner Date**
 9.00 **The Real Housewives of Orange County** **New edition** Reality show.
 10.00 **The Real Housewives Ultimate Girls' Trip**
 11.05 **Botched** Medical series.
 12.00 MT **Only Way Is Essex**
 1.00 to 1.30 AM **Backyard...**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Diagnosis Murder**
 10.00 **Father Dowling** *Mysteries* 9/13. (S2)
 11.00 **Sue Thomas: F.B. Eye**
 12.00 **NOON Hart to Hart**
 2.00 PM **Father Dowling** *Mysteries* 1/22. (S3)
 3.00 **Diagnosis Murder**
 5.00 **Murder, She Wrote**
 7.00 **M*A*S*H** 12-15/20. (S9)
 9.00 **Randall and Hopkirk (Deceased)** *Whoever Heard of a Ghost Dying?* 8/26. A clairvoyant tries to exorcise Marty. (S1)
 10.00 **The New Avengers** *Complex*: 10/13. The team get a clue about the identity of Russia's most effective spy. (S2)
 11.00 **The Persuaders!** (S1)
 12.00 MT **M*A*S*H** (S9)
 2.00 AM **Randall and Hopkirk (Deceased)**
 3.00 **The Persuaders!** (S1)
 4.00 **Highway to Heaven**
 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
- 7.00 The Professionals
- 8.05 Return of Sherlock Holmes
- 9.20 Magnum, PI
- 10.20 Kojak
- 11.25 BattleBots
- 12.30 PM Casebook of Sherlock Holmes Murder mystery.
- 1.35 Magnum, PI
- 2.40 Kojak
- 3.45 Minder
- 4.50 The Professionals
- 6.00 BattleBots **New edition** It's all on the line for eight bots.



9.00 Giant Lobster Hunters

7.00 **The Motorbike Show** Henry Cole discovers the delights of Cornwall, and tells the story of the Paris-Dakar Rally.

8.00 **Monster Carp** The concluding leg of their tour of France sees the boys head to Dijon to a lake named Les Gravieres.

9.00 **Giant Lobster Hunters** **New edition** Myles brings in another deckhand, but needs to break the news to an emotional Timmy.

10.00 **FILM Rambo III** Action adventure sequel starring Sylvester Stallone as the warrior on a rescue mission in Russian-occupied Afghanistan. (1987, 18, 101min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.05 AM Ligue 1 Highlights
- 12.35 On the Road
- 1.30 Return of Sherlock Holmes
- 2.30 to 3.00 AM Motorsport Mundial

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 13/26. (S3)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 3/26. (S6)
- 2.00 Warehouse 13 9/13. (S2)
- 3.00 Stargate SG-1 15/20. (S8)
- 4.00 Star Trek: Voyager 11/26. Intruders board the ship. (S2)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 13/26. Q is stripped of his powers. (S3)



7.00 Warehouse 13

7.00 **Warehouse 13 Vendetta:** 9/13. Artie's past as an NSA agent in the 1970s returns to haunt him. (S2)

8.00 **Stargate SG-1 Citizen Joe:** 15/20. A barber experiences disturbing visions of the crew's adventures. (S8)

9.00 **Grimm Woman in Black:** 22/22. The latest case offers Nick the chance to discover how his parents were murdered. (S1)

10.00 **The Walking Dead Walk with Me:** 3/16. Andrea and Michonne encounter a group of heavily-armed survivors. (S3)

11.00 **SurrealEstate** 9/10. A bride is cursed ahead of her wedding. 12.00 M/T 10/10. The Donovan House confronts the team with their deepest losses. (S1)

- 1.00 AM **FILM Domsday Device** 2020 Sci-fi thriller with Corin Nemec. (2017, PG, 90min) ★★
- 3.00 Room 104 9&10/12. (S3)
- 4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S9)
- 9.00 Father Brown
- 10.00 Miss Scarlet and the Duke
- 11.00 Hudson & Rex 7/16. (S3)
- 12.00 NOON The Mentalist (S4)
- 1.00 PM Death in Paradise (S4)
- 2.00 Murdoch Mysteries (S9)
- 4.00 Miss Scarlet and the Duke 4/6. A familiar face visits. (S4)
- 5.00 Hudson & Rex 7/16. Rex is on trial after his DNA is discovered at the scene of the murder of Donovan's former police informant. (S3)
- 6.00 Father Brown As 10.00pm.



7.00 The Mentalist

7.00 **The Mentalist My Bloody Valentine:** 12/24. Van Pelt's life is placed in danger while investigating a mobster's death. (S4)

8.00 **White Collar Upper West Side Story:** 12/16. Neal goes undercover as a teacher to investigate a case of fraud. (S3)

9.00 **Death in Paradise Until Death Do You Part:** 4/8. A bride-to-be is found dead in a bath after her hen party. (S4)

10.00 **Father Brown The Viper's Tongue:** Mrs McCarthy gets an unwelcome birthday surprise when her life is threatened.

11.00 The Mentalist As 7.00pm. 12.00 M/T White Collar As 8.00pm. 1.00 AM CSI: Vegas 7/21. The body of a girl who was killed over 40 years ago is found. (S2)

- 1.55 So Help Me Todd 7/21. (S1)
- 2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM Highlights
- 9.20 The Green Green Grass
- 10.00 Are You Being Served?
- 10.40 Porridge
- 11.20 Last of the Summer Wine
- 12.40 PM The Green Green Grass
- 1.20 The Good Life
- 2.00 Dad's Army
- 2.40 Porridge
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.20 The Green Green Grass
- 6.00 Are You Being Served?
- 6.40 Dad's Army



6.00 Are You Being Served?

7.20 **Dad's Army** Mainwaring's platoon welcome the first American troops to Walmington-on-Sea.

8.00 **The Good Life** Tom tries to market his garden produce.

8.40 **The Thin Blue Line** Inspector Fowler struggles to keep the unruly CID mob in order.

9.20 **Blackadder II** Edmund goes on a voyage around the Cape of Good Hope.

10.00 **The Office** A special training day for the staff at Wernham Hogg turns into a sing-song.

10.40 **The Good Life** As 8pm.

11.20 **The Thin Blue Line**

12.00 M/T Blackadder II

12.40 AM The Office As 10.00pm.

1.20 **Newark, Newark** Comedy about a recently divorced mum and her teenage son.

- 2.00 Blackadder II As 9.20pm.
- 2.35 to 4.00 AM The Outlaws

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM Total Wipeout: Freddie & Paddy Takeover
- 8.00 Special Ops: To Catch a Criminal Documentary.
- 9.00 Cop Car Workshop
- 10.00 Extreme Fishing with Robson Green Double bill.
- 12.00 NOON American Pickers
- 2.00 PM Guy's Garage
- 3.00 Top Gear Double bill.
- 5.00 Hairy Bikers' Best of British
- 6.00 Rick Stein's Secret France Rick's journey continues on the Spanish border and the Mediterranean coast.



7.40 House of Games

7.00 **Would I Lie to You?** With Chris Hoy, Ronni Ancona, Danny Wallace and Gabby Logan.

7.40 **Richard Osman's House of Games** With Shazia Mirza and Joe Thomas. 8.20 With Kemah Bob, JJ Chalmers, Kevin Clifton and Victoria Derbyshire.

9.00 **QI XL** Guests Jimmy Carr, Jo Brand and John Sergeant join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Adil Ray hosts, with Jess Phillips MP and Richard Osman.

11.00 8 Out of 10 Cats Best Bits

12.00 M/T Mock the Week

12.40 AM Would I Lie to You?

2.00 Jamali Maddix: Follow the Leader

2.45 Two Pints of Lager and a Packet of Crisps

- 3.30 to 4.00 AM Meet the Richardsons

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location From Glasgow.
- 7.00 Grand Designs The longest build in the show's history.
- 8.00 Britain's Most Beautiful Road Behind the scenes on the Bealach Mor.
- 9.00 24 Hours in A&E A man is rushed in after a motorbike accident leaving him with leg and lung injuries.
- 10.00 **Mysteries of Sink Holes** Documentary exploring the history of sinkholes.
- 12.00 M/T Gogglebox
- 1.00 AM First Dates
- 2.00 8 Out of 10 Cats Does Countdown
- 3.05 Celebrity Hunted
- 4.05 to 5.00 AM Jamie's £1 Wonders & Money-Saving Meals

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM NCIS 5-7/24. (S8)
- 12.00 NOON Law & Order
- 6.00 PM NCIS Dead Reflection: 21/24. A US Navy lieutenant is found dead at the Pentagon.
- 7.00 Baltimore: 22/24. Tony's Baltimore PD partner is murdered.
- 8.00 Swan Song: 23/24. A member of the NCIS team is targeted. (S8)
- 9.00 **Law & Order New episode** Turn the Page: 3/13. A young woman is strangled. (S23)
- 10.00 **Law & Order: Special Victims Unit Hunting Ground:** 15/23. A child prostitute is reported missing. Guest stars Harry Connick Jr. (S13)
- 11.00 **Law & Order: Special Victims Unit** (S13&12)
- 2.50 AM New York Undercover (S1)
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 Car Pound Cops
- 6.00 Home and Away
- 7.00 GPs: Behind Closed Doors Medical series.
- 8.00 Casualty 24/7: Every Second Counts A nine-month-old boy who has a very high temperature.
- 9.00 999: Emergency Call Out Footage of a dispute over an escaped dog.
- 10.00 999: Critical Condition
- 11.00 Skin A&E
- 12.00 M/T A&E After Dark
- 1.00 AM GPs: Behind Closed Doors Medical series.
- 2.00 Casualty 24/7: Every Second Counts
- 2.50 Police Interceptors
- 3.35 to 4.00 AM Home and Away

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Outback Truckers
- 10.00 Traffic Cops
- 11.00 Police Interceptors
- 12.00 NOON The Gambler: The Adventure Continues Drama.
- 4.00 PM Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors A routine traffic stop takes a nasty turn.
- 7.00 Rich and Ash are on the trail of a potentially armed man.
- 8.00 Leigh Goodwin revisits two cannabis factories in Rushden.
- 9.00 Motorway Cops: Catching Britain's Speeders A driver gives a PC a dressing down.
- 10.00 Broadmoor: For the Criminally Insane
- 11.00 999: Criminals Caught on Camera
- 12.05 AM Shooter New episodes (S3)
- 2.00 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: The Big Build
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: The Big Build
- 7.00 Property Brothers: Family Flashback
- 8.00 Inside the Ambulance
- 9.00 Who is Ghislaine Maxwell? Documentary profile of the sex trafficker, beginning by delving into her lavish childhood.
- 10.00 The Menendez Murders: Erik Tells All Erik tells his harrowing account of growing up.
- 11.00 Red Flag
- 12.00 M/T Louis Theroux: Dark States - Heroin Town
- 1.00 AM Celebrity MasterChef Australia
- 2.00 to 3.00 AM One Born: What Happened Next?

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
- 8.00 Doctors
- 9.15 Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.20 Bergerac
- 4.25 All Creatures Great and Small
- 5.25 The Upper Hand
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 Jonathan Creek
- 9.20 New Tricks Fresh Starts: A man believes his apparently dead wife is alive. With Hugh Dennis.
- 10.40 Shadow Show: The squad reopen the investigation into an actor's disappearance.
- 12.00 M/T Bergerac
- 1.00 AM Lovejoy
- 2.20 The Upper Hand
- 2.50 to 4.00 AM Holby City

+1 hour 243 316 60

TUESDAY Entertainment

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Portugal.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Derbyshire Auction House
7.00 Celebrity Antiques Road Trip Double bill.
9.00 Long Lost Family Stories of people searching for missing relatives who were found much closer than they could ever have imagined.
10.00 Alex Polizzi: The Fixer Alex helps a failing family-run garage in Ashton under Lyne, Greater Manchester.
11.30 The Hotel Inspector
12.30 AM Ghost Bait
1.00 Celebrity Help! My House Is Haunted
2.00 Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Homestead Rescue: Raney Ranch
1.00 PM Aussie Gold Hunters Double bill.
3.00 Yukon Gold
5.00 Alaskan Bush People
7.00 Deadliest Catch
9.00 The Snake Catcher **New editions** Julia's customer discovers an eastern brown snake while gardening. Plus, Julia and John race to remove a python from a retirement home.
10.00 Julia must remove a deadly snake from a frightened couple's garage.
11.00 Aussie Gold Hunters
12.00 MT Naked and Afraid
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
9.00 Windy City Rehab **New edition** Alison Victoria takes over when she sees a couple's terrible floor plan.
10.00 100 Day Dream Home **New edition** Brian and Mika Kleinschmidt are tasked to create a home for an Air Force veteran couple and their four-year-old daughter.
11.00 Home Town
12.00 MT Good Bones
1.00 AM Building Alaska
2.00 Flip or Flop Double bill.
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase Triple bill.
10.00 The Crystal Maze
11.00 Through the Keyhole
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze Game show hosted by Richard O'Brien.
6.00 Through the Keyhole
7.00 Tenable Quiz show.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable Warwick Davis hosts as a team of five train control centre workers take part.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 MT Bridge of Lies Quiz hosted by Ross Kemp.
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable Quiz show.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM Adam Richman Eats Football
6.30 Adam Richman Eats Britain Pork pies.
7.00 The Pioneer Woman
9.00 The Hairy Bikers Go North Double bill.
11.00 Great British Bake Off
1.00 PM Rick Stein's Food Heroes Double bill.
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 The Hairy Bikers Go North Double bill.
7.00 Great British Bake Off
9.00 Rick Stein's Food Heroes Double bill.
10.00 James Martin's French Adventure The chef arrives in Annecy.
11.00 Diners, Drive-Ins and Dives Four editions.
1.00 AM Man v Food with Casey Webb
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Couponing
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish
3.00 Outdaughters: Busby Quints Double bill.
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 Say Yes to the Dress
8.00 My 600lb Life: Where Are They Now? An update on Milla, who after three years has had five surgeries.
10.00 My Feet Are Killing Me
11.00 Sex Sent Me to the ER
12.00 MT Monsters Inside Me
1.00 AM Extreme Couponing
2.00 My Feet Are Killing Me
3.00 Sex Sent Me to the ER
4.00 to 6.00 AM My 600lb Life: Where Are They Now?

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM Wanted: Dead or Alive Western drama.
8.50 FILM Christmas Truce Festive wartime drama. (2015, PG, 88min) ★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM FILM The Unforgiven Western drama. (1960, PG, 125min) ★★
3.35 FILM Santa Fe Western. (1951, U, 87min) ★★
5.30 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 FILM 16 Blocks Action thriller with Bruce Willis and Mos Def. (2006, 12, 102min) ★★
11.15 FILM 10 Minutes Gone Mystery with Bruce Willis. (2019, 15, 89min) ★
1.20 AM FILM Meteor Moon Sci-fi action adventure. (2020, PG, 80min) ★★
3.10 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 16/25. (S2)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 10/22. (S3)
11.00 FILM Mammoth Sci-fi action thriller. (2006, 12, 90min) ★★
1.00 PM FILM The Darwin Conspiracy Sci-fi thriller. (1999, PG, 90min) ★
3.00 FILM The Return of the Man from U.N.C.L.E. Spy thriller spoof. (1983, PG, 93min) ★★
5.00 Star Trek 15/30. (S1)
6.00 T.J. Hooker 11/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 FILM Limitless Sci-fi action thriller. (2011, 15, 104min) ★★
11.05 FILM Hot Seat Thriller. (2022, 15, 99min) ★★
1.00 AM FILM No Mercy Thriller with Richard Gere. (1986, 15, 105min) ★
3.05 to 4.55 AM FILM The Reptile Hammer horror. (1966, 15, 86min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 New Girl (S3)
10.00 Home Improvement
12.00 NOON Last Man Standing 15 & 16/21. (S9)
1.00 PM Friends (S2)
8.00 Friends 17/24. Rachel feels smothered by Ross's constant attention.
8.30 18/24. Joey makes unfortunate comments during an interview. (S2)
9.00 FILM The Interview Comedy starring James Franco and Seth Rogen. (2014, 15, 111min) ★★
11.10 Channel Hopping with Jon Richardson
12.10 AM Kevin Bridges: The Brand New Tour
1.10 Beavis and Butt-Head
2.10 Reno 911! (S2)
3.10 Key & Peele
3.35 The Daily Show **New edition** Talk show hosted by Jon Stewart.
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM FILM Garage Sale Mystery: All That Glitters Crime drama. (2014, PG, 87min) ★
10.55 FILM Ties That Bind Thriller. (2010, PG) ★★
1.00 PM FILM The Wedding Stalker Crime thriller. (2017, PG, 89min) ★★
2.55 FILM The Bad Twin Thriller. (2016, PG) ★★
4.55 FILM My Mother's Stalker Crime thriller. (2018, 12, 85min) ★
7.00 FILM Ice Twisters Sci-fi action thriller. (2009, PG, 91min) ★★
9.00 FILM All the Money in the World Drama. (2017, 15, 132min) ★★
11.50 FILM Hours Thriller. (2013, 12, 93min) ★★
2.00 AM FILM Stolen Innocence Thriller. (2007, PG, 90min) ★★
4.00 to 6.00 AM FILM The Work Wife Drama. (2018, PG, 86min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM Frank Herbert's Children of Dune
8.00 FILM The Shape of Things to Come Thriller. (1979, 15, 94min) ★★
10.00 Farscape 14/22. (S1)
11.00 Frank Herbert's Children of Dune
1.00 PM FILM Asteroid-a-geddon Adventure. (2020, PG, 90min) ★★
3.00 Farscape 14/22. (S1)
4.00 Star Trek 23/30. (S1)
5.00 Frank Herbert's Children of Dune
7.00 Farscape 16/22. (S1)
8.00 Star Trek 24/30. (S1)
9.00 FILM Escape Plan 3 Action thriller sequel with Sylvester Stallone, Dave Bautista and 50 Cent. (2019, 15, 97min) ★
11.00 FILM Peripheral Sci-fi horror starring Hannah Arterton and Tom Conti. (2018, 18, 90min) ★★
1.00 to 3.00 AM FILM Escape Plan 3 (2019)

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker (S6&1)
11.00 Friends 9-12/25. (S3)
1.00 PM Criminally Funny
2.30 Impractical Jokers: Servin' Up Laughs
3.00 Whose Line Is It Anyway? USA
4.00 New Girl (S3)
5.00 Becker (S6&1)
6.00 Home Improvement
8.00 Last Man Standing
9.00 Whose Line Is It Anyway? USA
10.00 Friends (S1&2)
1.00 AM The Ren & Stimpy Show 1 & 2/12. (S2)
2.00 Key & Peele
3.00 Guessable?
3.45 Jonathan Pie: Back to the Studio Stand-up.
4.30 Al Murray: The Pub Landlord - Live at the Palladium Stand-up.
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.00 AM FILM Love, Alaska Comedy. (2019, PG) ★★
10.05 FILM Aloha With Love Comedy. (2022, PG) ★★
12.00 NOON FILM Love's Match Romantic drama. (2021, PG, 84min) ★★
2.00 PM FILM Love by Accident Romance. (2020, PG, 84min) ★★
4.00 FILM Love is on the Air Drama. (2021, PG) ★★
6.00 FILM Cabin Connection Romantic drama. (2022, PG, 89min) ★★
8.00 FILM One Summer Drama with Sam Page. (2021, PG, 84min) ★★
9.55 FILM Hello, It's Me Romantic drama. (2015, PG, 85min) ★★
11.50 FILM A Slice of Chicago Romance Drama. (2022, PG, 90min) ★★
1.55 AM Highway to Heaven
2.55 to 5.00 AM FILM Sweet Home Carolina Drama. (2017, PG, 84min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real Deal From Ormskirk.
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Evidence of the...
11.10 Strange Evidence
12.10 PM What on Earth?
1.05 Secrets in the Sand
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Evidence of the Unexplained
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 A Cut Above
10.00 Blown Away
11.00 Court Cam Double bill.
12.00 MT Swamp People: Serpent Invasion
1.00 AM Evidence of the...
2.00 Strange Evidence
3.00 Hardcore Pawn
3.25 Salvage Kings
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
9.50 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S3)
2.00 PM The Real A&E
3.00 Manifest 10/13. (S3)
4.00 Border Patrol
5.00 Highway Patrol
6.00 The Flash 9/18. (S7)
7.00 MacGyver UFO and Area 51: 22/23. Angus and Riley are attacked.
8.00 MacGyver and MacGyver: 23/23. Angus gets a big surprise. (S2)
9.00 The Force: Manchester
11.00 For Life 8/10. (S2)
12.00 MT Road Wars
1.00 AM The Russell Howard Hour
2.00 A League of Their Own
3.00 Duck Quacks Don't Echo With Gabby Logan.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
8.30 Huckleberry Finn
9.00 Sherlock Holmes (S1)
10.00 A Fine Romance (S4)
10.30 Watching 10/11. (S5)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie (S1)
12.00 NOON Shine on Harvey Moon 3/9. (S3)
1.00 PM Blue Thunder (S1)
2.00 The Prisoner 1/17. (S1)
3.00 Arthur C Clarke
4.00 Bubblegum & Cheese
5.00 Diff'rent Strokes (S1)
5.30 Watching 10/11. (S5)
6.00 I Dream of Jeannie (S1)
6.30 Thriller 10/10. (S1)
7.50 Mysterious Tales
8.00 The Prisoner 1/17. (S1)
9.00 Police Woman (S1)
10.00 Game On 1/6. (S1)
10.35 Drop the Dead Donkey
11.05 The Mrs Merton Show
11.40 Thriller 10/10. (S1)
1.00 AM Shine on Harvey...
2.00 Arthur C Clarke
3.00 Monkey 18/26. (S1)
3.55 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Kent: The Garden of England Documentary.
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet
3.00 Murder, She Wrote
4.00 Columbo
6.00 Scotland's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Nazi Megastructures: Russia's War The story of Germany's invasion of the Soviet Union.
10.00 Buried Secrets of WWII Surviving evidence of the attack on Pearl Harbor, both on land and under the sea.
11.00 Prisoner: Cell Block H
1.00 AM Bargain-Loving Brits in the Sun
3.00 Kent: The Garden of England Documentary.
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM 16 and Pregnant
6.45 Teen Mom: From the Beginning Double bill.
8.30 Teen Mom 2: From the Beginning Reality series.
11.00 Catfish: The TV Show
12.00 NOON Catfish: Fakest Jobs
1.00 PM Catfish: The TV Show Four editions.
5.00 Catfish: Catch of the Day Reality series.
6.00 Catfish: The TV Show Teen Mom: The Next Chapter Reality series.
8.00 Help! I'm in a Secret Relationship!
9.00 Badass Brides
10.00 Georgie Shore **New edition** Ricci confronts Chantelle.
11.00 Ink Master
12.00 MT Ridiculousness **New edition** With Steelo, Rob and Karrueche Tran.
12.30 AM Ridiculousness
1.00 Ink Master Double bill.
2.45 Georgie OGS
3.35 to 4.00 AM Teen Cries

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs**
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** The Raneys rescue some inexperienced homesteaders in Alabama.
 3.00 **Gold Rush** Tony calls his son to help fire up nearly every plant he can.
 5.00 **Deadliest Catch** Wild Bill overturns the *Summer Bay* and a beloved crewman makes the ultimate sacrifice.



10.00 Harpoon Hunters

- 7.00 **Salvage Hunters** Drew Pritchard hunts for items at Britain's largest private residence, and stumbles upon quirky head carvings.
 8.00 **Kindig Customs** When a beat-up truck arrives at the shop, Dave knows the team will have their work cut out.
 9.00 **Gold Rush** **New edition** Tony hits an unexpected roadblock at his Indian River claim, and Rick looks for a new spot to mine.
 10.00 **Harpoon Hunters** **New edition** Feeling pressure to live up to his father's legacy, strongman Niko changes tactics.
 11.00 **Expedition Unknown** Josh Gates dives into remote waters off Zanzibar in search of Africa's Atlantis.
 12.00 **M/T Street Outlaws**
 1.00 AM **Gold Rush** As 9.00pm.
 2.00 **Harpoon Hunters**
 3.00 **Iron Resurrection**
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Animal Cribbs**
 9.00 **Dodo Heroes**
 10.00 **Bad Dog!** A cat knocks over a Christmas tree.
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Animal Cribbs**
 1.00 PM **Dodo Heroes**
 2.00 **Guardians of Rescue**
 3.00 **Animal Cops Houston**
 4.00 **Dogs 101** The best family pets.
 5.00 **Alaska: Homestead Rescue** Helping a family from Colorado whose crops are failing.
 6.00 **Animal Cribbs** Renovating a family's dog-friendly garden.



8.00 Flying Wild Alaska

- 7.00 **Dodo Heroes** An insight into the work of Donna Stepan, who runs Sleepy Burrow Wombat Sanctuary near Canberra.
 8.00 **Flying Wild Alaska** A look at a family-run airline in Alaska that battles the Arctic elements to transport supplies.
 9.00 **Pit Bulls & Parolees: Tia's Tales** Tia's daughter Mariah recounts her experience of being born into the rescue life.
 10.00 **Alaskan Bush People** Billy's dream of achieving a self-sustaining lifestyle is tested as the Browns start their biggest project yet.
 11.00 **Killer Whales** Examining killer whales' feeding behaviour.
 12.00 **M/T Pit Bulls & Parolees** The family talk about dogs that hold a special place in their hearts.
 1.00 AM **Alaskan Bush People**
 2.00 **Dogs 101** The best family pets.
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Animal Cribbs**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
 9.00 **Air Crash Investigation: Special Report**
 10.00 **WW2: Hell Under the Sea**
 11.00 **Airport Security: Colombia**
 12.00 **NOON Car S.O.S**
 1.00 PM **Colossal Machines**
 2.00 **Air Crash Investigation**
 3.00 **Draining the Thames: What Lies Beneath**
 4.00 **Pirates: Behind the Legends**
 5.00 **Car S.O.S** Tim and Fuzz restore a VW Wizard.
 6.00 **Nazi Megastructures** The 600km Siegfried Line.



10.00 Hitler the Junkie

- 7.00 **Air Crash Investigation** A commuter turboprop slams into a hill, and the search for answers leads to the cockpit.
 8.00 **WW2: Hell Under the Sea** A new submarine commander overcomes dissent despite his unconventional choices.
 9.00 **Hitler's Last Stand** An American soldier must crawl through an enemy minefield to capture machine gun nests.
 10.00 **Hitler the Junkie** An exposé of the medications Adolf Hitler was taking, how much he took and how often.
 11.00 **Air Crash Investigation**
 1.00 AM **The Truth Behind**
 2.00 **Abandoned** The team search the former headquarters of Pabst Brewing Company.
 2.30 **Lords of War** Double bill.
 3.20 **Food Factory**
 4.10 to 5.00 AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **The Great British Dig: History in Your Back Garden**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **D-Day: 100 Days to Beat the Third Reich** Double bill.
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** Double bill.
 6.00 **American Pickers** On the hunt for a Porsche, Mike speed-picks in South Carolina.



12.00 The Lost Women Spies

- 7.00 **Forged in Fire** A visit to the remote New Agrarian School in the wilderness of Bigfork, Montana.
 8.00 **The Great British Dig: History in Your Back Garden** The team try to unearth ancient roundhouses in Stretton.
 9.00 **The Proof Is Out There** **New edition** Examining the mystery of a giant sea serpent known as Caddy the Cadborosaurus.
 10.00 **Prison Chronicles** **New editions** US Civil War prison Andersonville.
 10.30 **Devil's Island**
 11.00 **The Proof Is Out There: Alien Edition** **New edition** Evidence of UFOs underwater.
 12.00 **M/T The Lost Women Spies** **New edition** The SAS.
 1.05 **AM Pawn Stars**
 2.00 **The Curse of Oak Island**
 3.00 **The Great British Dig: History in Your Back Garden**
 4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Abandoned Engineering**
 10.00 **Secret Nazi Bases**
 11.00 **Nazi Hunters**
 12.00 **NOON Joanna Lumley's India**
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash** Double bill.
 4.00 **Secret Nazi Bases**
 5.00 **Nazi Hunters** Attempts by Allied forces to capture Joachim Peiper, the man responsible for the massacre of American PoWs in Malmédy, Belgium.
 6.00 **Antiques Roadshow** From Minehead Railway Station.



8.00 Speed with Guy Martin

- 7.00 **Guy's Garage** Guy Martin is in Sweden, where he transforms a Volvo estate to compete in the national motorsport of folk racing.
 8.00 **Speed with Guy Martin** Guy takes on the challenge of building the world's fastest soapbox racer.
 9.00 **Bangers & Cash** Derek helps a collector downsized and discovers a rare Chrysler Alpine.
 10.00 **Bangers & Cash: Restoring Classics** The team choose one of the simplest cars ever built, the VW Beetle.
 11.00 **Abandoned Engineering** Italian ruins immortalised by Hollywood, and a crumbling Chilean city with two lives.
 12.00 **M/T Joanna Lumley's India** Joanna travels back to the country of her birth.
 1.00 to 3.00 AM **Find It, Fix It, Flog It**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Wheeler Dealers** Mike Brewer is seduced by a Land Rover Discovery Mk1 with low mileage.
 9.00 **Richard Hammond's Workshop** **New edition** Richard is desperate to get behind the wheel of his beloved MGB in a proper race.
 10.00 **The Repair Shop** Items include a rusty rocking duck chair and a bashed-up banjo.
 11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: UK** Double bill.
 7.00 **Say Yes to the Dress**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes to the Dress: Atlanta** Double bill.
 10.00 **Say Yes: Wedding SOS**
 11.00 **Say Yes to the Dress: Lancashire**
 12.00 **NOON Betrayed**
 1.00 PM **On the Case with Paula Zahn**
 2.00 **Murder on CCTV**
 3.00 **Judge Rinder's Crime Stories** Pearl Black.
 4.00 **American Monster**
 6.00 **People Magazine Investigates**
 7.00 **10 Steps to Murder**
 8.00 **Murder on CCTV**
 10.00 **Body Cam** **New edition**
 11.00 **The Murder Tapes**
 12.00 **M/T Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** April Millsap.
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **Fraud Squad** A scam artist fakes disability to claim thousands of pounds.
 8.00 **The Black Widow** Murders A fire dispatcher is found dead in a house fire.
 9.00 **Forensic Factor** **New edition** A retired fireman notices a burning bundle in a farmer's field and recognises the smell of burning human flesh.
 10.00 **Murder UK** **New edition** Faye believes she has her dream man, until signs of abuse emerge.
 11.00 **Evidence of Evil**
 12.00 **M/T 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 **Murder UK**
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **Wrongly Accused**
 11.00 **Medical Detectives**
 2.00 PM **Wrongly Accused**
 4.00 **Medical Detectives** A year after starting an affair with a friend's wife, a man vanished.
 4.30 A young girl is found murdered, and a unique fibre found on her clothes help track down the killer.
 5.00 A go-go dancer vanishes for 20 years.
 5.30 A hunter is shot three times and killed.
 6.00 A flurry of arson fires in California in 1984 that had authorities baffled.
 6.30 A community is rocked by the death of a well-respected nurse in a car accident.
 7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops**
 11.00 **Catching the Killer**
 12.00 **NOON The Killer Within**
 1.00 PM **Killer in My Village**
 2.00 **What the Killer Did Next** Michael Ryan.
 3.00 **Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **The Killer Within**
 7.00 **Most Evil Killers**
 9.00 **World's Most Evil Killers** **New edition**
 10.00 **Made for Murder**
 11.00 **Catching the Killer**
 12.00 **M/T Most Evil Killers**
 1.00 AM **Murders That Shocked the Nation**
 2.00 **The Real Manhunter** **New edition**
 3.00 **Made for Murder**
 4.00 **Brit Cops**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Auschwitz in 33 Objects** Documentary.
 9.35 **Elizabeth I's Secret Agents** As 7.20pm.
 10.45 **Hidden Killers of the Post-War Home**
 12.00 **NOON Hitler's Gold**
 1.00 PM **Grand Tours of Scotland** Lairig Ghru.
 1.40 **Auschwitz in 33 Objects**
 2.45 **Elizabeth I's Secret Agents** As 7.20pm.
 3.55 **Hidden Killers of the Post-War Home**
 5.10 **Hitler's Gold**
 6.15 **Auschwitz in 33 Objects**
 7.20 **Elizabeth I's Secret Agents** The Earl of Essex tries to take over Robert Cecil's network.
 8.30 **Hidden Killers of the Post-War Home**
 9.50 **Hitler's Gold**
 10.50 **Elizabeth I's Secret Agents** As 7.20pm.
 12.00 **M/T Hidden Killers of the Post-War Home**
 1.20 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Story of Late Night
7.00 Discovering: Jason Robards
8.00 The Directors
9.00 The Eighties
9.55 Edge of the Earth
11.00 The Lady and the Dale
12.00 NOON I Am Jackie O
1.45 PM My Icon: Jeanette Kwakye
2.00 Football Bomber: The Dortmund Bus Attack
4.00 The Directors
5.00 Discovering: Jason Robards
6.00 The Eighties
7.00 Bowie: The Man Who Changed the World The life and career of the musician.
9.00 Boyzone: No Matter What 1/3. Documentary about the band.
10.00 Blur: To the End Documentary tracing the relationship of the band's members over the course of three decades.
12.00 MT Wig The influence of the Wigstock drag festival.
1.45 AM Taylor Mac's 24-Decade History of Popular Music
3.45 1000% Me: Growing Up Mixed
5.00 to 6.00 AM Discovering: Jason Robards

Crime+Investigation

156 837 133

- 6.00 AM Killer in Plain Sight
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain Vincent Tabak.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder? New edition Mysterious deaths.
9.00 Missing Presumed Dead New edition True-crime.
10.00 Tell Me How I Died
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM Missing Presumed Dead
2.00 Tell Me How I Died
3.00 Fear Thy Neighbour
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Inside the Ambulance: Coast and Country
2.00 PM Inside the Ambulance at Christmas Following crews from West Midlands Ambulance Service during the festive period.
3.00 Inside the Ambulance: Coast and Country Double bill.
5.00 The Bill Four episodes.
7.00 Pointless Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 The Missing Eden: 1/8. Drama starring James Nesbitt and Frances O'Connor as a couple whose lives fall apart after their five-year-old son is abducted on a family holiday to France.
10.20 Pray for Me: 2/8. Three days after Oliver's disappearance, suspicion falls on a known paedophile. (S1)
11.40 The Bill Four episodes.
1.40 AM Pointless Double bill.
3.30 Inside the Ambulance: Coast and Country
5.10 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 My Best Friend's an Animal
10.00 Africa's Wild Horizons
11.00 Orangutan Jungle School
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 My Best Friend's an Animal
4.00 Africa's Wild Horizons
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 David Attenborough's Global Adventure Documentary.
9.00 Planet Weird
10.00 Land of Primates How lemurs thrive all over Madagascar.
11.00 New Kids in the Wild
12.00 MT Orangutan Jungle School
1.00 AM Ocean Parks
2.00 David Attenborough's Global Adventure Documentary.
3.00 Planet Weird
4.00 Great Parks of Africa
5.00 to 6.00 AM My Best Friend's an Animal

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Titans of the Sea: A Family Affair Cameras follow a family of sperm whales off the coast of Mauritius.
3.00 Soul of the Ocean
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo A penguin comes to the end of its moult.
8.00 Galapagos: Enchanted Isle The wildlife of the volcanic islands in the Pacific.
9.00 World's Weirdest The strange eating habits of animals.
10.00 Animal deformities.
11.00 Ice Road Rescue
12.00 MT Last of the Giants: Wild Fish Documentary.
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Twisted Sisters
9.00 I Am Homicide
11.00 The Wonderland Murders
1.00 PM I Almost Got Away with It
3.00 Still a Mystery
5.00 The Perfect Murder
7.00 Disappeared The case of mother Amber Gerweck, who went missing in April 2011.
8.00 The disappearance of reporter, part-time dancer and single mother Susan Walsh, who vanished from outside her New Jersey home in 1996.
9.00 Evil Lives Here After years of abuse at her husband's hands, LaTonya decides to take their kids and leave.
10.00 The story of self-proclaimed Mormon prophet Jeffrey Lundgren, who was convicted of the murders of five family members, including three children, in 1989.
11.00 Relatively Evil
12.00 MT Evil Kin Double bill.
2.00 AM The Perfect Murder
4.00 to 6.00 AM Disappeared
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 How to Lose a War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Britain's Most Historic Towns Exploring Glasgow.
2.00 Walking Through History
3.00 Colosseum
4.00 How to Lose a War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files Documentary.
8.00 History's Crazy Rich Ancients How the mega-rich of the past flaunted their wealth.
8.30 The construction ambitions of industrial tycoons.
9.00 Spycraft Tools of persuasion and blackmail involving sex.
10.00 History's Greatest Mysteries
11.00 Secrets in the Sand
12.00 MT Ancient Aliens
2.00 AM Britain's Most Historic Towns Exploring Manchester.
3.00 Walking Through History
4.00 UFO Files Documentary.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Nazi UFO Conspiracy
8.00 Mega Engineering
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Aliens in Alaska
8.00 NASA's Unexplained Files
9.00 Combat Dealers: Reloaded The Army Paratroopers' vital role in World War Two.
10.00 Shed and Buried Henry and Sam look through an eclectic collection in Hertfordshire.
10.30 Henry and Sam view a collection of vintage tractors.
11.00 World's Greatest Motorcycle Rides Henry Cole rides from Loeriesfontein to Matjesfontein.
12.00 MT Mysteries of the Deep
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Shed and Buried: Classic Cars
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop First edition.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Shed and Buried: Classic Cars
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! A look back at the most glamorous era of Formula 1, with jet-set drivers and iconic teams.
9.00 Kindig Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 MT Lucky! As 8.00pm.
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Trans Am
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.45 AM Sky Cinema Preview
7.45 Chuck Chuck Baby (2023)
9.35 Slingshot Sci-fi thriller starring Casey Affleck. (2024, 15, 108min) ★★★
11.35 Furiosa: A Mad Max Saga
2.10 PM Kill As shown at 12.45am.
3.50 I Saw the TV Glow Horror thriller starring Justice Smith. (2024, 15, 100min) ★★★
5.45 The Killer Thriller starring Nathalie Emmanuel and Omar Sy. (2024, 15, 126min) ★★★★★



10.35 Bad Boys: Ride or Die

- 8.00 Furiosa: A Mad Max Saga Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Alya Browne, Tom Burke and Lachy Hulme. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.45 AM Kill Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 90min) ★★★
2.25 Get Away Horror comedy. (2024, 15, 86min) ★★★★★
4.05 to 6.00 AM Chuck Chuck Baby Drama starring Louise Brealey and Annabel Scholey. (2023, 15, 101min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 6.40 AM Sundown Drama with Tim Roth. (2021, 15, 82min) ★★★★★
8.10 The Convert Action drama. (2024, 15, 119min) ★★★★★
10.25 Lady Bird Comedy drama. (2017, 15, 94min) ★★★★★
12.10 PM Phantom Thread (2017)
2.30 The Boy in the Striped Pyjamas Wartime drama starring Asa Butterfield. (2008, 12, 94min) ★★★★★
4.10 What Dreams May Come Fantasy starring Robin Williams. (1998, 15, 106min) ★★★
6.10 The Unlikely Pilgrimage of Harold Fry Drama starring Jim Broadbent and Penelope Wilton. (2023, 12, 108min) ★★★
8.00 Alleluiah Comedy drama. (2022, 12, 99min) ★★★
9.45 Phantom Thread Drama starring Daniel Day-Lewis. (2017, 15, 130min) ★★★★★
12.05 AM Widow Clicquot Drama. (2023, 15, 90min) ★★★★★
1.40 It Is in Us All Drama with Rhys Mannon and Cosmo Jarvis. (2022, 15, 92min) ★★★★★
3.25 Monsoon Drama with David Tran. (2019, 12, 85min) ★★★★★
5.00 to 7.00 AM The Young Messiah Drama starring Sean Bean. (2016, 12, 111min) ★★

Sky Cinema Hits

303 403 503 517

- 6.35 AM One Day as a Lion Thriller. (2023, 15, 87min) ★★★
8.20 Some Other Woman (2023)
10.00 Dangerous Waters Thriller. (2024, 15, 101min) ★★★
11.55 The Three Musketeers: Milady
1.50 PM Lee Biopic of photographer Lee Miller, starring Kate Winslet. (2023, 15, 117min) ★★★
3.50 Catch Me If You Can Thriller. (2023, 12, 141min) ★★★★★
6.10 The Beekeeper Action thriller. (2023, 15, 105min) ★★★



6.10 The Beekeeper

- 8.00 The Meg Action thriller starring Jason Statham and Li Bingbing. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long prehistoric shark. With Rainn Wilson. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05 Meg 2: The Trench Action thriller sequel starring Jason Statham. A mining operation unleashes a school of megalodon sharks. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15 AM Bad Boys Action comedy thriller starring Will Smith. (1995, 15, 118min) ★★★
2.25 The Three Musketeers: Milady Adventure sequel. (2023, 12, 115min) ★★★★★
4.20 Some Other Woman Thriller. (2023, 15, 85min) ★★★
5.50 to 6.05 AM The Cinema List: British Sky Originals

Sky Cinema Sci-fi/Horror

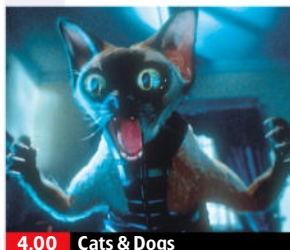
311 411 511 525

- 7.05 AM Tarot As 12.00m.t.
8.45 Upgrade As shown at 1.40am.
10.30 Thir13en Ghosts Horror chiller. (2001, 15, 91min) ★★★
12.10 PM I Am Legend Sci-fi thriller. (2007, 15, 101min) ★★★★★
1.55 Ghostbusters Fantasy comedy reboot. (2016, 12, 113min) ★★★
4.00 Paycheck Sci-fi thriller starring Ben Affleck and Uma Thurman. (2003, 12, 119min) ★★★★★
6.05 Five Nights at Freddy's Horror thriller starring Josh Hutcherson. (2023, 15, 109min) ★★
8.00 Ready Player One Steven Spielberg's fantasy adventure starring Tye Sheridan, Olivia Cooke and Ben Mendelsohn. (2018, 12, 140min) ★★★★★
10.25 Videodrome Surreal sci-fi thriller directed by David Cronenberg, starring James Woods as a TV producer who uncovers a sinister conspiracy. (1982, 18, 88min) ★★★★★
12.00 MT Tarot Horror with Harriet Slater. (2024, 15, 92min) ★★
1.40 AM Upgrade Sci-fi thriller. (2018, 15, 100min) ★★★★★
3.25 Thanksgiving Horror thriller. (2023, 18, 106min) ★★★★★
5.20 to 6.55 AM Out of Darkness Horror. (2022, 15, 88min) ★★★★★

Sky Cinema Family

306 406 506 520

- 6.00** AM *Adventures of Sharkboy and Lavagirl* (2005, U) ★★
7.45 *Problem Child* As 2.55am.
9.15 *Cats & Dogs: The Revenge...*
10.50 *Zathura: A Space Adventure* Fantasy. (2005, PG) ★★★★★
12.40 PM *The Flintstones* (1994)
2.25 *The Flintstones in Viva Rock Vegas* (2000, PG) ★★
4.00 *Cats & Dogs* Fantasy comedy. (2001, PG, 87min) ★★★★★
5.40 *Cats & Dogs: The Revenge of Kitty Galore* (2010, U) ★★



4.00 Cats & Dogs

- 7.15** *Goosebumps 2: Haunted Halloween* Comedy adventure sequel. (2018, PG, 86min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 *Dungeons & Dragons: Honour Among Thieves* Action adventure starring Chris Pine. A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a lost relic, but things go awry. (2023, 12, 134min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 *Monster Trucks* Fantasy adventure starring Lucas Till. (2016, PG, 104min) ★★
1.15 AM *Daddy Day Camp* Comedy sequel starring Paul Rae. (2007, PG, 88min) ★★
2.55 *Problem Child* Comedy. (1990, PG, 81 min) ★
4.20 *Hot Dog Derby* Family comedy. (2013, U, 82min) ★★
5.45 to **7.20** AM *Robo-Dog* Family sci-fi adventure. (2015, PG, 87min) ★★

Sky Cinema Valentine

302 402 502 516

- 6.30** AM *Long Story Short* (2021)
8.20 *Shirley Valentine* Comedy. (1989, 15, 108min) ★★★★★
10.20 *Asteroid City* Sci-fi comedy. (2023, 12, 105min) ★★★★★
12.15 PM *No Hard Feelings* Comedy. (2023, 15, 103min) ★★
2.10 *Book of Love* Comedy. (2022, 12, 106min) ★★
4.00 *Valentine's Day* Romantic comedy. (2010, 12, 125min) ★★
6.10 *What Happens Later* Romantic comedy starring Meg Ryan. (2023, 15, 99min) ★★
8.00 *P.S. I Love You* Romantic comedy drama starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★
10.10 *Spoiler Alert* Comedy drama starring Jim Parsons and Ben Aldridge. A gay couple's relationship takes a tragic turn when one of them is diagnosed with terminal cancer. With Sally Field (2022, 15, 112min) ★★
12.05 AM *Am I OK?* Comedy drama. (2022, 15, 86min) ★★
1.35 *The Swimmer* Israeli drama with Omer Perelman Striks. Subtitled. (2021, 18, 84min) ★★
3.10 *Book of Love* As 2.10pm.
5.00 to **6.45** AM *Long Story Short* Comedy. (2021, 15, 90min) ★★

Sky Cinema Stunts

307 407 507 521

- 6.50** AM *Retribution* As 2.25pm.
8.35 *Promising Young Woman*
10.35 *300: Rise of an Empire* Fantasy. (2014, 15) ★★★★★
12.25 PM *Three Days of the Condor* Thriller. (1975, 15) ★★★★★
2.25 *Retribution* Action thriller. (2023, 12, 91min) ★★
4.10 *The Bourne Identity* Thriller. (2002, 12, 119min) ★★★★★
6.10 *The Bourne Supremacy* Espionage thriller sequel. (2004, 12, 108min) ★★★★★



6.10 The Bourne Supremacy

- 8.00** *The Equalizer 3* Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. (2023, 15, 109min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 *Jack Reacher* Action thriller starring Tom Cruise. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. (2012, 15, 130min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM *Desperation Road* Thriller starring Mel Gibson. (2023, 18, 112min) ★★★★★
2.10 *Wanted* Fantasy action thriller. (2008, 18, 105min) ★★
4.05 to **6.05** AM *Promising Young Woman* Crime thriller. (2020, 15, 113min) ★★★★★

Sky Cinema Greats

304 404 504 518

- 6.10** AM *Jackie Chan's Armour of God* As shown at 2.35am.
8.05 *Silent Running* Sci-fi drama. (1972, U, 90min) ★★★★★
9.50 *Back to the Future* Time-travel comedy adventure. (1985, PG, 115min) ★★★★★
12.00 *NOON Back to the Future Part II* Time-travel comedy adventure sequel with Michael J Fox. (1989, PG, 107min) ★★★★★
2.00 PM *Back to the Future Part III* Comedy adventure sequel. (1990, PG, 112min) ★★★★★
4.00 *Young Guns II: Blaze of Glory* Western sequel starring Emilio Estevez. (1990, 15, 104min) ★★★★★
6.00 *Blade Runner* Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
8.00 *Robin Hood: Prince of Thieves* Adventure starring Kevin Costner. (1991, PG, 138min) ★★
10.25 *Enter the Dragon* Action thriller. (1973, 18, 97min) ★★★★★
12.10 AM *Goodfellas* Martin Scorsese's gangster drama. (1990, 18, 143min) ★★★★★
2.35 *Jackie Chan's Armour of God* Martial arts action adventure. (1986, 15, 95min) ★★
4.15 to **6.00** AM *Young Guns II: Blaze of Glory* As 4.00pm.

Sky Cinema Comedy

308 408 508 522

- 6.05** AM *Love Again* As 1.25am.
8.00 *Don't Tell Mom the Babysitter's Dead* As 3.15am.
9.45 *Bowfinger* (1999, 12) ★★★★★
11.30 *Ride Along* (2014, 12) ★★
1.20 PM *Ride Along 2* Comedy sequel. (2016, 12, 102min) ★★
3.05 *Disaster Movie* Spoof comedy. (2008, 12, 86min) ★
4.40 *Strays* Canine comedy. (2023, 15, 93min) ★★★★★
6.20 *Mr Deeds* Comedy. (2002, 12, 96min) ★★



10.05 Balls of Fury

- 8.00** *Miss Congeniality 2: Armed and Fabulous* Comedy sequel starring Sandra Bullock. An FBI agent becomes a media celebrity, until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
10.05 *Balls of Fury* Martial arts comedy starring Dan Fogler, Christopher Walken and Maggie Q. (2007, 12, 90min) ★
 SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 *Snow Day* Family comedy. (2000, PG, 89min) ★★
1.25 AM *Love Again* Comedy with Priyanka Chopra Jonas. (2023, 12, 100min) ★★
3.15 *Don't Tell Mom the Babysitter's Dead* Comedy. (2001, 15, 99min) ★★
5.00 to **6.40** AM *Please Don't Destroy: The Treasure of Foggy Mountain* Comedy. (2023, 15, 93min) ★★

Sky Cinema Animation

305 412 500 514

- 6.25** AM *Mia and Me: The Hero of...*
8.00 *The Inventor* Animation. (2023, PG, 100min) ★★
9.45 *Gnomeo & Juliet* Animated comedy. (2011, U, 83min) ★★
11.20 *Batman Unlimited: Monster Mayhem* (2015, PG) ★★
12.45 PM *The Road to El Dorado* Animation. (2000, U) ★★
2.20 *Home* Animated adventure. (2014, U, 94min) ★★
4.00 *Despicable Me 3* Animated sequel. (2017, U, 99min) ★★
5.35 *The Lego Batman Movie* Animation. (2017, U) ★★★★★
7.30 *Ruby Gillman, Teenage Kraken* Animation. (2023, PG) ★★
9.10 *Batman: Return of the Caped Crusaders* Animated adventure. (2016, PG, 78min) ★★★★★
10.40 *Mia and Me: The Hero of Centopia* Animated adventure. (2022, U, 85min) ★★
12.15 AM *The Swan Princess* Animation. (1994, U) ★★
1.50 *The Swan Princess: The Secret of the Castle* (1997, U) ★★
3.10 *Spirit: Stallion of the Cimarron* Animation. (2002, U) ★★
4.40 to **6.10** AM *Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog* Animation. (2021, PG) ★★

Sky Cinema Thriller

309 409 509 523

- 7.20** AM *State of Play* Thriller. (2009, 12, 127min) ★★★★★
9.35 *Serenity* Mystery thriller. (2019, 15, 106min) ★★
11.30 *Breaking* As 2.05am.
1.25 PM *Ocean's Twelve* Thriller sequel with George Clooney. (2004, 12, 125min) ★★★★★
3.35 *Munich* Steven Spielberg's controversial political thriller. (2005, 15, 164min) ★★★★★
6.25 *Unhinged* Psychological thriller. (2020, 15, 90min) ★★



6.25 Unhinged

- 8.00** *Ocean's Thirteen* Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Charismatic thief Danny Ocean and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. (2007, PG, 122min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
10.15 *Escape from Alcatraz* Fact-based prison drama starring Clint Eastwood as a convict determined to break out of Alcatraz, America's supposedly impregnable island penitentiary. (1979, 15, 112min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
12.20 AM *Ruthless* Action thriller starring Dermot Mulroney. (2024, 15, 92min) ★★
2.05 *Breaking* Crime drama. (2022, 15, 103min) ★★
4.00 to **6.25** AM *Blackhat* Drama. (2015, 15, 128min) ★★★★★

Film4

313 855 428 14 300

- **Films start at 11.00am**
11.00 AM *7th Cavalry* Western. (1956, U, 77min) ★★
12.35 PM *The Quiet Man* Drama. (1952, U, 129min) ★★
3.10 *Earth Vs the Flying Saucers* Thriller starring Hugh Marlowe. (1956, b/w, U, 83min) ★★
4.50 *40 Guns to Apache Pass* Western with Audie Murphy. (1966, PG, 95min) ★★
6.40 *A Good Year* Comedy drama. (2006, 12, 117min) ★★



6.40 A Good Year

- A Good Year** (film started at 6.40pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 *Transporter 2* Thriller sequel starring Jason Statham. A highly-skilled professional driver sets out to rescue the kidnapped son of a politician from a vicious drug dealer. (2005, 15, 88min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
10.45 *A.I. Artificial Intelligence* Steven Spielberg's sci-fi fantasy starring Haley Joel Osment, Frances O'Connor, Jude Law and William Hurt. (2001, 12, 145min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
1.35 to **3.30** AM *Stage Mother* Comedy drama starring Jacki Weaver, Lucy Liu and Adrian Grenier. (2020, 15, 93min) ★★

Talking Pictures

328 445 82 306

- 6.00** AM *Love from a Stranger* Drama. (1936, PG, 90min) ★★★★★
7.45 *The Breaking Point* Thriller. (1960, b/w, U, 59min) ★★
8.55 *The Spare Tyres* Short comedy.
9.30 *Captain Pirate* Adventure. (1952, U, 85min) ★★
11.15 *What's On TPTV with Noel*
11.25 *Gallant Journey* Biopic. (1946, b/w, U, 85min) ★★
1.10 PM *Look at Life* Documentary.
1.20 *The Crowded Day* Comedy. (1954, b/w, PG, 82min) ★★
3.00 *Up in the World* Comedy. (1956, b/w, U, 91min) ★★
4.45 *Secret Army* 4/8. (S1)
5.20 *Edgar Wallace Mystery Theatre*
6.30 *Colonel March of Scotland Yard* 15/26. (S1)
7.05 *Batman* 28/34. (S1)
7.35 *Beau Geste* 5/8. (S1)
8.05 *Rumpole of the Bailey*
9.15 *Castaway* Adventure with Oliver Reed. (1986, 15, 118min) ★★
11.35 *Cellar Club* with Caroline Munro
11.40 *The Stepfather* (1986) ★★★★★
1.25 AM *Cellar Club* with Caroline...
1.30 *Cellar Dweller* (1987, 18) ★★
3.05 *Cellar Club* with Caroline Munro
3.10 *Great Day in the Morning* Western. (1955, PG) ★★
5.00 *Four Star Theatre* 38/41. (S4)
5.30 to **6.00** AM *Beverly Hillsbillies*

Sky Sports Main Event

401	511	501	419	439
6.00	AM Sky Sports News			
7.00	LIVE WTA Tennis The second day of the WTA Abu Dhabi Open at Zayed Sports City International Tennis Centre in Abu Dhabi.			
9.00	LIVE WTA & ATP Tennis Coverage from the WTA and/or ATP Tours, featuring the WTA Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.			
1.00	PM Good Morning Football			
3.00	LIVE SA20 Coverage of the first qualifier match staged at St George's Park in Gqeberha.			
7.30	LIVE WTA & ATP Tennis Coverage of the latest tournaments on the WTA and ATP Tours.			
8.00	LIVE ATP Tennis Coverage of the second day of the Rotterdam Open at Rotterdam Ahoy in the Netherlands, and the Dallas Open at Styling/Altec Tennis Complex.			
10.30	LIVE ATP Tennis Further coverage of day two of the Dallas Open staged at Styling/Altec Tennis Complex in Dallas, Texas.			
12.00	MT Sky Sports News			
1.00	AM LIVE ATP Tennis Continued coverage of the second day of the Dallas Open from Dallas in Texas.			
5.00	to 6.00 AM Sky Sports News			

Sky Sports Premier League

402	512	502	420	440
6.00	AM PL Greatest Games			
7.00	Premier League Highlights			
10.00	The Football Show			
11.00	Ref Watch Refereeing decisions.			
12.00	NOON The Football Show			
1.00	PM Premier League Highlights			
2.00	Wolverhampton Wanderers v Aston Villa at Molineux Stadium.			
2.30	Newcastle United v Fulham.			
3.00	Chelsea v West Ham United.			
4.00	The key moments from Brentford v Tottenham Hotspur.			
4.30	Arsenal v Manchester City.			
5.00	Premier League Best Goals			
6.00	Netbusters Recent highlights.			
6.30	PL 100: Peter Crouch			
7.00	Premier League Review			
8.00	Netbusters Recent highlights.			
8.30	Gary Neville's Soccerbox			
9.00	Premier League Review			
10.00	Premier League Icons			
11.00	Premier League Years			
1.00	AM PL Retro A replay of Bolton Wanderers v Chelsea from 2005.			
3.00	PL Greatest Games			
4.00	Premier League Best Goals			
5.30	to 6.00 AM Premier League 100 Club			

Sky Sports Football

403	513	503	421	441
6.00	AM EFL The 2012/13 play-offs.			
9.00	EFL Greatest Games			
10.00	EFL Cup Retro The 2013 final.			
12.00	NOON EFL Middlesbrough v Sunderland in the Championship.			
2.00	PM WSL Highlights from Manchester City v Arsenal.			
2.30	Scottish Premiership Round-Up			
2.45	SPFL Highlights Premiership.			
3.00	WSL Action from Tottenham Hotspur v Manchester United.			
3.30	EFL Highlights Championship.			
4.30	Bundesliga Highlights Show			
5.30	EFL Highlights Championship.			
6.00	WSL Action from Tottenham Hotspur v Manchester United.			
6.30	Scottish Premiership Round-Up			
6.45	SPFL Highlights Premiership.			
7.00	EFL Highlights Championship.			
8.00	Bundesliga Highlights Show			
9.00	WSL Action from recent games.			
10.00	EFL Highlights Championship.			
10.30	Scottish Premiership Round-Up			
10.45	SPFL Highlights Premiership.			
11.00	EFL Highlights Championship.			
12.00	MT EFL Cup Highlights			
12.30	AM EFL Cup Retro			
2.30	EFL Trophy The 2021 final.			
3.00	EFL Greatest Games			
4.00	Championship Season Review			
5.00	to 6.00 AM Best Moments from the EFL Play-Off Finals			

Sky Sports Cricket

404	514	504	422	442
6.00	AM WPL Archive highlights.			
7.00	ICC Men's T20 World Cup			
10.00	SA20 Recent T20 highlights.			
11.00	WPL Action from 2024.			
12.00	NOON SA20 Action from Pretoria Capitals v Joburg Super Kings.			
1.00	PM Highlights of Sunrisers Eastern Cape v Paarl Royals.			
2.00	Highlights from MI Cape Town v Pretoria Capitals.			
3.00	LIVE SA20 Coverage of the first qualifier match, as the first and second-placed teams play at St George's Park, Gqeberha.			
7.30	Jimmy Anderson's Greatest Spells Archive highlights.			
7.45	Blue for Bob Memories of cricketer legend Bob Willis.			
8.00	ICC Men's T20 World Cup Highlights of USA v England in the Super Eight match at Kensington Oval in Bridgetown, Barbados.			
9.00	SA20 Highlights from MI Cape Town v Pretoria Capitals.			
10.00	The first qualifier.			
11.00	WPL Royal Challengers Bangalore v Mumbai Indians from 2024.			
12.00	MT ICC Men's T20 World Cup			
1.00	AM SA20 First qualifier replay.			
5.30	ICC Women's World Cup 2017			
5.45	to 6.00 AM Blue for Bob			

Sky Sports Golf

405	515	505	423	443
6.00	AM Golf Academy			
7.00	Nick Dougherty's Tee Time Tips			
8.00	Playing Lessons			
8.30	DP World Tour Golf			
9.00	PGA Tour Golf			
10.00	TGL Recent highlights.			
12.00	NOON Playing Lessons			
12.30	PM DP World Tour Golf			
1.00	PGA Tour Golf			
2.00	Golf Academy			
3.00	TGL Recent highlights.			
5.00	Ryder Cup Memories			
5.30	DP World Tour Golf			
6.00	Golf's Greatest Holes			
6.30	Uncommon: Building a Boston Sports Team			
7.00	PGA Tour Golf Recent action.			
8.00	Uncommon: Building a Boston Sports Team			
8.30	Golf's Greatest Holes			
9.00	DP World Tour Golf			
9.30	PGA Tour Golf Highlights.			
10.30	Uncommon: Building a Boston Sports Team			
11.00	Golf's Greatest Holes			
11.30	DP World Tour Golf			
12.00	MT PGA Tour Golf			
1.00	AM Tee Time Tips			
2.00	LIVE TGL Boston Common v Los Angeles. From Florida.			
4.00	Nick Dougherty's Tee Time Tips			
5.00	to 6.00 AM Playing Lessons			

TNT Sports 1

410	870	527	408	430
6.00	AM LIVE A-League Women Melbourne City v Western United. From ctrl:cyber Pitch in Melbourne. Kick-off is at 6.00am.			
8.00	Premiership Women's Rugby			
9.00	Premiership Rugby Cup			
10.00	T20 Cricket Highlights			
11.00	Women's T20 Super Smash			
12.00	NOON T20 Super Smash			
1.00	PM Premier League Review			
2.00	Serie A Action from Italy.			
4.00	A-League Women Highlights			
4.30	A-League Highlights			
5.00	Premier League Review			
6.00	Premier League Netbusters			
6.30	Premier League Stories			
7.00	Premier League Reload			
7.15	TNT Sports Cricket Reload			
7.30	Women's Ashes			
9.30	Test Cricket Highlights			
11.30	UEFA Champions League - Stories of the Finals			
12.00	MT NBA Tip-Off			
12.30	AM LIVE NBA Cleveland Cavaliers v Boston Celtics. Coverage from Rocket Mortgage FieldHouse. Tip-off 12.30am.			
3.00	LIVE NBA Los Angeles Clippers v Los Angeles Lakers. From Intuit Dome. Tip-off 3.00am.			
5.30	to 6.30 AM Inside the NBA			

TNT Sports 2

411	871	528	409	431
6.00	AM Premier League Review			
7.00	Serie A Action from Italy.			
9.00	Champions League Magazine			
9.30	UEFA Europa League & Conference League Magazine			
10.30	Vendee Globe Highlights			
11.00	SailGP - Racing on the Edge			
11.30	Fishing: On the Bank			
12.30	PM UEFA Champions League Goals Reload The best goals.			
12.45	Europa League Goals Reload			
1.00	UEFA Champions League Greatest Nights Celtic.			
2.00	UEFA Champions League - Stories of the Finals			
2.30	Champions League Magazine			
3.00	UEFA Europa League & Conference League Magazine			
4.00	T20 Cricket Highlights			
5.00	Premiership Women's Rugby			
6.00	Premiership Rugby Cup			
7.00	Women's T20 Super Smash			
8.00	T20 Super Smash Grand Final.			
9.00	UEFA Champions League Goals Reload The best goals.			
9.15	Europa League Goals Reload			
9.30	Fight Week UFC 312 preview.			
10.00	UFC Another chance to see Israel Adesanya v Nassourdine Imavov.			
1.00	AM UFC Main Event			
5.00	to 6.00 AM UEFA Champions League - Stories of the Finals			

TNT Sports 3

417	874	529	410	432
6.00	AM NBA on Fire The latest news.			
6.30	NBA Action The latest action			
7.00	Classic Premier League			
10.00	A-League Brisbane Roar v Western Sydney Wanderers.			
11.00	Auckland v Macarthur.			
12.00	NOON Highlights of Sydney FC v Adelaide United.			
1.00	PM Highlights of Central Coast Mariners v Newcastle Jets.			
2.00	The key moments from Perth Glory v Melbourne Victory.			
3.00	PM Classic Premier League			
5.00	UEFA Champions League Goals Reload Recent action.			
5.15	Europa League Goals Reload			
5.30	Fishing: On the Bank The UK Angling Championship.			
6.30	SailGP - Racing on the Edge			
7.00	Vendee Globe Highlights			
7.30	UEFA Champions League Magazine News and action.			
8.00	UEFA Europa League & Conference League Magazine			
9.00	Serie A AC Milan v Inter Milan.			
10.00	AS Roma v Napoli.			
11.00	T20 Cricket Highlights			
12.00	MT Women's Ashes			
2.00	AM Test Cricket Highlights			
4.00	T20 Super Smash Grand Final.			
5.00	to 6.00 AM Women's T20 Super Smash			

Sky Sports NFL

408	517	507	426	446
6.00	AM Super Bowl LVIII Highlights			
8.00	NFL: America's Game			
9.00	Super Bowl LVIII Highlights			
10.00	Super Bowl LV Highlights			
12.00	NOON NFL Bitesize Highlights			
1.00	PM Good Morning Football			
3.00	NFL Bitesize Highlights			
3.45	Super Bowl LVIII Bitesize			
4.00	NFL Highlights			
5.00	NFL Bitesize Highlights			
5.15	Houston Texans v LA Chargers.			
5.30	Buffalo Bills v Denver Broncos in a Wild Card play-off.			
5.45	Action from Philadelphia Eagles v Green Bay Packers.			
6.00	Super Bowl LVIII Highlights			
6.15	Philadelphia Eagles v Kansas City Chiefs from the 2022/23 season.			
8.00	NBC's Pro-Football Talk			
10.00	NFL Highlights Philadelphia Eagles v Washington Commanders in the NFC Championship match.			
11.00	Highlights from Kansas City Chiefs v Buffalo Bills in the AFC Championship match.			
12.00	MT The Insiders The latest news.			
1.00	AM NFL Highlights			
2.00	Super Bowl LV Highlights			
4.00	Super Bowl LVIII Highlights			
5.00	to 6.00 AM NFL Highlights			

Sky Sports Tennis

407	537	520	425	445
6.00	AM ATP Tennis Montpellier Open.			
7.00	LIVE WTA Tennis Coverage of day two of the Abu Dhabi Open.			
9.00	LIVE WTA & ATP Tennis Coverage from the Tours.			
8.00	PM LIVE ATP Tennis Coverage of the second day of the Dallas Open and Rotterdam Open.			
10.30	LIVE ATP Tennis Coverage of day two of the Dallas Open.			
12.00	MT Tim Henman Podcast 2024			
12.15	AM Billie Jean King: My Story			
12.30	Martina Navratilova: Unstoppable Documentary.			
12.45	ATP Sizzle Reel 2024			
1.00	LIVE ATP Tennis Continued coverage of the Dallas Open.			
5.00	ATP 2024 Best of Jack Draper			
5.15	Bitesize Tennis			
5.30	Mirra Andreeva Podcast 2024			
5.45	to 6.00 AM Bitesize Tennis			

TNT Sports 4

421	876	530	411	434
6.00	AM MLB Classic Three Home Run Derbies from the archives.			
11.30	UEFA Champions League Magazine News and action.			
12.00	NOON NBA on Fire The latest news from the world of the NBA.			
12.30	PM NBA Action Highlights.			
1.00	NBA Thunder v Bucks replay.			
2.30	NBA Classic Yankees v Lakers from the 2011/12 season.			
4.30	NBA Thunder v Bucks replay.			
6.00	NBA Classic Raptors v 76ers from the 2018/19 season.			
7.00	NBA A replay of Oklahoma City Thunder v Milwaukee Bucks.			
8.30	NBA Originals Documentary.			
10.00	NBA A replay of Oklahoma City Thunder v Milwaukee Bucks.			
11.30	A-League Highlights			
12.00	MT A-League Women			
12.30	AM Fishing: On the Bank			
1.30	MLB Yankees v Dodgers.			
4.00	Premiership Women's Rugby			
5.00	to 6.00 AM Premiership Rugby Cup			

Eurosport 1

413	870	521	412	435
6.00	AM Ski Jumping Recent action.			
8.00	Masters Snooker The final.			
10.00	Australian Open Tennis			
12.00	NOON Winter Sport - Zoe Atkin - Freeski Halfpipe Copper Mountain 2023			
12.15	PM Alpine Skiing From France.			
2.15	LIVE Alpine Skiing Day one of the World Championships in Saalbach, Austria, featuring the mixed team parallel giant slalom.			
5.00	Ski Jumping The HS147 competitions from Willingen.			
7.00	Dakar Rally A race review.			
8.00	Alpine Skiing Day one of the World Championships in Saalbach.			
9.00	Masters Snooker Shaun Murphy v Kyren Wilson in the final staged at Alexandra Palace in London.			
11.00	Show Jumping In Amsterdam.			
12.00	MT Cyclo-Cross From Lievin.			
2.00	AM Ski Jumping			
3.00	Alpine Skiing From Saalbach.			
4.00	to 6.00 AM Cycling: Tour Down Under			

Eurosport 2

414	871	522	413	436
6.00	AM Snooker: German Masters			
8.00	Cycling: AIUla Tour			
9.00	Cycling: Challenge Mallorca			
10.00	Ski Jumping From Willingen.			
12.00	NOON Snooker: UK Championship The 2024 final.			
2.00	PM Cycling: Tour Down Under A review of the women's race.			
3.00	A review of the men's race.			
4.00	Australian Open Tennis Action from the Grand Slam event.			
5.00	Snooker: German Masters Action from the final in Berlin.			
7.00	Cycling: Tour Down Under A review of the women's race.			
8.00	A review of the men's race.			
9.00	Australian Open Tennis The final of the mixed doubles.			
10.00	The women's singles final.			
11.00	Alpine Skiing Day one of the World Championships in Saalbach.			
12.00	MT Ski Jumping In Willingen.			
2.00	AM Cycling: Tour Down Under			

Wednesday

5 February

Evening Planner

Wednesday

Comedy



Amandaland

BBC1, 9pm (box set, BBC iPlayer)
Spin-off series from parenting comedy *Motherland*, with Lucy Punch (centre) reprising her role as alpha mum Amanda.

Comedy



Am I Being Unreasonable?

BBC1, 9.30pm (box set, BBC iPlayer)
As Daisy May Cooper and Selin Hizli's dark comedy returns, Nic's (Cooper) secret is out, and she moves in with Jen.

OnDemand

NETFLIX

Celebrity Bear Hunt

Available today

A group of 12 celebs - including Spice Girl Mel B - try to evade capture by survival expert Bear Grylls.



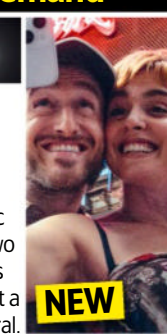
OnDemand

Apple tv+

Love You to Death (A Muerte)

Available today

Spanish romantic comedy about two childhood friends who reconnect at a school pal's funeral.



SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop	9.00 Amandaland	9.30 Am I Being...	10.00 News; Local News
102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Great British Menu	9.00 Murder Trial: Girl in the River		10.00 The Cockfields 10.30 Newsnight
103 ITV1	6.30 News	7.30 Emmerdale	8.00 Coronation Street	9.00 Grantchester		10.00 News; Local News
104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It	9.00 George Clarke's Building Home		10.00 Dubai: Buying the Dream
105 CHANNEL 5	7.00 GPs: Behind Closed Doors		8.00 Supermarket Own-Brands: The Big...	9.00 Surgeons: A Matter of Life or Death		10.00 999: Emergency Call Out
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year	9.00 Becoming Madonna		

ENTERTAINMENT

115 BBC3	7.00 Top Gear		8.00 Celebrity Race Across the World	9.00 Film: Safe Haven		
116 BBC4	7.00 The Architecture the Railways Built		8.00 Himalaya with Michael Palin	9.00 The Land of... 9.30 Lewis Grassic Gibbon...	10.10 Sunset Song	
118 ITV2	7.00 Family Fortunes: Celebrity Christmas...		8.00 Gordon Ramsay's Food Stars USA	9.00 Love Island: All Stars	10.05 Olivia Attwood: Getting Filthy Rich	
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs		9.00 24 Hours in A&E		
135 E4	7.00 Hollyoaks 7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox	10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI		9.00 Elsbeth	10.00 Coroner	
108 SKY ATLANTIC	6.50 Billions	7.55 Game of Thrones		9.00 Succession		
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life 8.40 The Thin Blue Line	9.20 Blackadder II	10.00 The Office	10.40 Good...	
111 U&DAVE	7.00 Would I Lie to You? 7.40 Richard Osman's House of Games		9.00 QI XL	10.00 Have I Got a Bit More News for You		
119 ITV3	6.55 Heartbeat	8.00 Grace		10.00 Endeavour		
120 ITV4	6.55 The Motorbike Show	8.00 Junk and Disorderly		9.00 Film: You Only Live Twice	10.10 Film: You Only Live Twice	
112 COMEDY CENTRAL	7.00 Friends			9.00 Kevin Bridges: A Whole Different Story	10.00 Comedy Central Live	
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1	8.00 Freddie Fries Again		9.00 Film: Need for Speed		
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar		9.00 Death in Paradise	10.00 Father Brown	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 Landscape Artist of the Year		9.00 Miyazaki: Spirit of Nature	10.35 Alec...	
132 U&W	7.00 Property Brothers: Family Flashback	8.00 Inside the Ambulance		9.00 Who is Ghislaine Maxwell?	10.00 The Menendez Murders: Erik Tells All	

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Bitchin' Rides	9.00 Gold Divers	10.00 Gold Rush: White Water		
162 ANIMAL PLANET	7.00 Dodo Heroes	8.00 Deadliest Sharks	9.00 How Sharks Hunt	10.00 Alaskan Bush People		
129 NAT GEO	7.00 Air Crash Investigation	8.00 Car S.O.S.				
123 SKY HISTORY	7.00 Forged in Fire	8.00 The Great British Dig: History in Your...	9.00 The Curse of Oak Island	10.00 Tales from Oak Island		
155 U&YESTERDAY	7.00 Guy's Garage	8.00 Canal Boat Diaries	9.00 Great Canal Journeys	10.00 Bangers & Cash: Restoring Classics		
121 SKY DOCS	7.00 Film: The Beatles: Eight Days a Week - The Touring Years		9.00 Becoming Madonna			

FILMS - Sky Cinema

301 PREMIERE	6.00 Bad Boys: Ride or Die	8.00 Furiosa: A Mad Max Saga	10.35 Get Away			
302 VALENTINE	5.50 Ghost	8.00 Trainwreck	10.10 The Five-Year Engagement			
303 HITS	6.00 Bob Marley: One Love	8.00 8 Mile	9.55 Bad Boys			
304 GREATS	5.55 Birdy	8.00 The Shawshank Redemption	10.25 Goodfellas			
305 ANIMATION	5.40 Angry... 7.25 The Angry Birds Movie 2	9.10 Spirit: Stallion of the Cimarron				
306 FAMILY	6.25 The Smurfs	8.15 The Smurfs 2	10.10 Monster Trucks			
307 STUNTS	6.00 The Bourne Ultimatum	8.00 Jack Reacher	10.15 Jack Reacher: Never Go...			
308 COMEDY	5.50 Girls Trip	8.00 In & Out	9.40 Kangaroo Jack			
309 THRILLER	5.55 Escape from Alcatraz	8.00 Ocean's Eight	9.55 Constantine			
310 DRAMA	6.10 Lost in Translation	8.00 Miss Potter	9.40 It Is in Us All			
311 SCI-FI	6.15 The Nun	8.00 The Woman in Black	9.45 Ex Machina			
313 FILM4	6.45 G.I. Joe: The Rise of Cobra	9.00 Father Stu				

SPORT

401 MAIN EVENT	7.00 EFL Cup - Live: Newcastle United v Arsenal (Kick-off 8.00)					
402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL 100	8.00 PL Review	9.00 PL Stories	9.30 PL 100	10.00 PL Icons
403 FOOTBALL	7.00 EFL Cup - Live: Newcastle United v Arsenal (Kick-off 8.00)					
404 CRICKET	3.00 SA20 - Live	7.30 ICC Women's...	8.00 ICC Men's T20 World Cup	9.00 SA20		
410 TNT SPORTS 1	7.00 Ultimate Pool	8.30 UEFA Magazine	9.00 UEFA Europa League & Conference...	10.00 UFC Countdown		
411 TNT SPORTS 2	7.00 T20 Cricket Highlights		9.00 T20 Super Smash	10.00 Women's T20 Super Smash		

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer **New edition** From Stoke. (S)(AD)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition** A bottle for long walks. (S)(AD)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country (S)(R)
3.45 The Travelling Auctioneers (S)(R)
4.30 The Repair Shop on the Road **New edition** From Irvine. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)
6.55 Party Political Broadcast By the Labour Party. (S)



8.00 The Repair Shop

- 7.00** The One Show
Alex Jones and Clara Amfo present the topical show. (S)
7.30 EastEnders
Nish's will reading serves up a huge shock, Cindy is further pushed out by her family, and Reiss makes a discovery. (S)(AD)

- 8.00** The Repair Shop **New edition** The experts restore a dress that once served as an artist's muse, a damaged drum that used to be part of a Cornish May Day festival, an old clocking-in clock, and a polo bike and mallet. (S)(AD)

- 9.00** **NEW SERIES** Amandaland 1/6. Comedy spin-off. See feature, page 8. (S1) (S)(AD)
9.30 **NEW SERIES** Am I Being Unreasonable? 1/6. Comedy. See feature, page 11. (S2) (S)(AD)
 ■ Entire series on BBC iPlayer

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 **NEW** Coldplay Radio 2 Piano Room
The band take centre stage at Maida Vale for Radio 2's Piano Room Month, showcasing their timeless hits and new music with intimate arrangements alongside a string quartet and special guest Laura Mvula. (S)
11.15 **FILM** Respect Biopic about the rise of Aretha Franklin's career, from a child singing in her father's church's choir to her international fame. Stars Jennifer Hudson, Forest Whitaker and Marlon Wayans. (S)(AD) (2021, 12, 140min) ★★★
1.35 AM Weather for the Week Ahead Seven-day forecast. (S)
1.40 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM The Travelling Auctioneers (R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Celebrity Antiques Road Trip With Leslie Ash. (S)(R)
9.00 BBC News (S)
11.15 Politics Live (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 Thailand: Earth's Tropical Paradise 2/3. Central Thailand. (S)(R)(AD)
4.15 World's Weirdest Events (S)(R)
5.15 Flog It! From Huddersfield. (S)(R)
6.00 Richard Osman's House of Games **New edition** With Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson. (S)
6.30 Alison Hammond's Florida Unpacked **New edition** 8/15. Alison and Aidan take a road-trip through the Florida Keys. (S)(AD)



10.00 The Cockfields

- 7.00** Celebrity Antiques Road Trip **New edition** Presenter Matthew Wright and comedian Shazia Mirza hunt for antiques around Essex in an electric 1966 Mercedes, with experts David Harper and Steven Moore. (S)

- 8.00** Great British Menu **New edition** Three chefs from the south-west of England compete over mains and desserts celebrating some of the great Britons of the past. (S)
 ■ Continues tomorrow

- 9.00** Murder Trial: Girl in the River **Series finale** 2/2. The fate of the three defendants in the murder case of 14-year-old schoolgirl Caroline Glachan hangs in the balance. (S)(AD)

- 10.00** The Cockfields *Thursday:* 2/6. Esther has a quiet chat with David about his love life and gives him a few tips. (S2) (S)(R)(AD)

- 10.30** Newsnight (S)
11.00 Weather (S)
11.05 Unspun World with John Simpson A look at the week's major global news stories (S)
11.30 **FILM** A Little Chaos Period drama with Kate Winslet. A female landscape designer in 17th-century France challenges boundaries when she creates a garden for the king. (S) (2014, 12, 110min) ★★★
1.20 AM Sign Zone: Great British Menu Culinary contest. (S)(R)
2.20 Sign Zone: Death in Paradise (R)
3.20 to **6.30** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Men A special edition featuring an all-male panel. (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Tipping Point: Best Ever Finals Dramatic endgames. (S)(R)
2.30 Pictionary **Series finale** With Scarlett Moffatt and Jeff Brazier. (S)
3.00 Lingo **New edition** Game show. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Chris takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.20 Party Political Broadcast By the Labour Party. (S)
6.30 ITV News (S)



9.00 Grantchester

- 7.30** Emmerdale
Joe encourages Noah, Marlon and Rhona feel overwhelmed, and Charity has a plan. (S)(AD)

- 8.00** Coronation Street
Sarah's discovery reinforces her suspicion of David, Kevin spots the arsonist on the garage's CCTV, Steve condemns Leanne's false version of events, and Carla's update displeases Rob. (S)(AD)

- 9.00** Grantchester **New episode** 5/8. A murder at Esme's office sends shockwaves through the Keating family. Meanwhile, Alphie's meeting with the Bishop fails to go as planned. (S9) (S)(AD)
 ■ Entire series on ITVX

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 Peston
Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)

- 11.40** For the Love of Dogs with Alison Hammond 4/6. Alison meets two of the longest staying residents at the shelter. (S)(R)(AD)
12.05 AM Teleshopping
3.00 Tonight: Prisons – On the Brink? Jacob Dunne investigates the poor state of UK prisons. (S)(SL)(R)
3.25 Tom Kerridge Cooks Britain Tom heads to Scotland. (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers 9–11/28. (S11) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 4–7/24. (S4) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From California. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** Jon and Angela turn a shed into a wedding venue. (S)
5.00 Four in a Bed **New edition** The third visit is to The Fox & Goat in Tiddington, Oxfordshire. (S)
5.30 Come Dine with Me **New edition** Civil servant Lydia hosts the third dinner party in Glasgow. (S)
6.00 A Place in the Sun **New edition** A Sussex couple look for a holiday home in Mar Menor, Spain. (S)



10.00 Dubai: Buying the Dream

- 7.00** News (S)
8.00 Kirstie and Phil's Love It or List It **New edition** Kirstie Allsopp and Phil Spencer help a couple decide whether to renovate their three-bedroom chalet bungalow in Scorton, Lancashire, or move somewhere new. (S)(AD)

- 9.00** **NEW SERIES** George Clarke's Building Home 1/6. The architect meets people who are stretching their finances and testing their relationships to build the home of their dreams, beginning with young married couple Chris and Ellie. (S)(AD)

- 10.00** **NEW SERIES** Dubai: Buying the Dream 1/6. Following the team at Dubai's leading real estate company as they tour jaw-dropping properties, sell to the super-rich and compete for eye-watering commissions. (S)(AD)

- 11.05** Dubai: Buying the Dream **New edition** 2/6. Jake and Connor compete to sell a £33million villa with an indoor cave. (S)(AD)
12.05 AM **NEW** Untold: The £12 Million Rental Scam (S)(SL)(AD)
12.35 Celebrity Hunted (S)(SL)(R)(AD)
1.30 **FILM** Tolkien JRR Tolkien biopic. (S)(SL) (2019, 12, 110min) ★★★
3.20 Find It, Fix It, Flog It (S)(R)
3.40 Frasier (S1&2) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S9) (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM Set Up By My Lover
 Drama starring Camille Stoppes, Anthony Grant and Tina Jung. (S) (2021, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun New edition Cameras follow Danny and his fiancée Sophie, who are very busy running two cafes. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life
 Dean Andrews takes his *Emmerdale* co-star Liam Fox to the River Don. (S)(R)
6.55 News (S)



9.00 Surgeons: A Matter of Life...

- 7.00 GPs: Behind Closed Doors**
 A three-year-old is sent for urgent tests after antibiotics fail to help her, and a patient has to stand because of severe back pain. (S)(R)
7.55 News (S)

- 8.00 NEW Supermarket Own-Brands: The Big Taste Test**
 In a special healthy-eating edition, Mr Motivator and a panel of three punters test everything from no-alcohol beer to vegan meatballs. (S)
9.00 Surgeons: A Matter of Life or Death
New edition ENT surgeon Shahz Ahmed is preparing to operate on 35-year-old Sarah, who has a large bone tumour growing in the sinus area of her head. (S)
10.00 999: Emergency Call Out
 The team deal with an injured man under the influence drugs, a one-year-old baby in the grip of life-threatening seizures, and a fire in a garage containing hazardous chemicals. (S)(R)
11.05 Ambulance: Code Red (S)(R)
12.05 AM Traffic Cops (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Hotel Chocolat: Unwrapped (R)
3.50 Dan & Helen's Pennine Adventure Exploring the Yorkshire Dales. (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Orangutan Jungle School (R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 9/15. (S5) (S)(R)
5.00 The Simpsons The Tipping Point:
 Homer flips out when tipping culture gets out of hand. (S)(R)
5.30 Lisa Gets an F1:
 Lisa becomes a professional go-kart racer. (S)(R)
6.00 The Office (US) 11/26. Part one of two. Michael is thrilled when Holly returns to Scranton. (S)(R)
6.30 12/26. Part two of two. It is all-out snowball war between Dwight and Jim. (S7) (S)(R)



9.00 Becoming Madonna

- 7.00 The Simpsons**
Bart's Brain: Bart finds someone that resonates with him on a deeper level. (S)(R)
7.30 The Star of the Backstage: Marge stages a revival of a musical from her high school days. (S)(R)

- 8.00 Landscape Artist of the Year**
New edition The search for the nation's best landscape painter continues, with Bristol's Clifton Suspension Bridge providing the setting for the latest heat. (S)(R)
9.00 Becoming Madonna
 Documentary charting the singer's rise to stardom, built around a cache of recently uncovered audio tapes in which a young Madonna reflects on her extraordinary life and career. Plus, rare footage, unseen photos and interviews with family, friends and collaborators. (S)(R)(AD)
11.00 Katherine Ryan: Missus
 Stand-up performance. (S)(R)
12.30 AM Karl Pilkington: The Moaning of Life 4/6. Exploring the lengths people go to in order to stay healthy. (S)(R)(AD)
1.30 The Force: North East (S)(R)
2.30 Road Wars (S)(R)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 9/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964
2.30pm Politics Scotland (S)
3.15-3.45 Rick Stein's Food Stories (S)(R)(AD)
10.40 Debate Night (S)(R)
11.40 Scotcast (S)(R)
12.10am NEW Coldplay Radio 2 Piano Room (S)
12.45 Weather for the Week Ahead (S)
12.50-6.00am BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
 No variations

WALES

Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V Top 5s
New edition (S)
11.10 NEW Coldplay Radio 2 Piano Room (S)
11.45 The Traitors US (S)(R)
12.45-6.00am BBC News (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES

Sky 968, Freesat 968
 No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw
11.00 Dysgu
 Gyda Cyw
12.00noon
 Newyddion a'r Tywydd
12.05pm Bwrdd i Dri (AD)
12.30 Heno
1.00 Codi Hwyl
1.30 Cegin Bryn: Yn Ffrainc
2.00 Newyddion a'r Tywydd
2.05 Prynawn Da
3.00 Newyddion a'r Tywydd
3.05 Iolo a Dewi: Y Tad a'r Mab a Zambia
4.00 Awr Fawr
5.00 Stwnsh
6.00 Gwladfa:
 Gwilym Bowen Rhys
6.25 Darllediad Gwleidyddol
6.30 Rownd a Rownd (AD)
6.57 Newyddion
7.00 Heno New edition
7.30 Newyddion a'r Tywydd
8.00 Pobol y Cwm New episode (AD)
8.25 Cartrefi Cymru New edition
8.55 Newyddion a'r Tywydd
9.00 Troseddau Cymru
 Gyda Sian Lloyd
New edition (AD)
10.00 Colli Cymru I'r Môr (AD)
11.00-11.35pm Welsh Whisperer - Ni'n Teithio Nawr! (AD)

TV&Satellite week
 More channels than any other TV magazine

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Luxury limousines are put through an endurance test.
7.55 The Catch Up
8.00 Celebrity Race Across the World 4/6. The teams reach the halfway mark on their journey.
9.00 FILM Safe Haven Romantic thriller based on a novel by Nicholas Sparks, starring Julianne Hough and Josh Duhamel. A fugitive young woman falls in love with a widowed father while hiding in a small North Carolina town. With Cobie Smulders. (2013, 12, 113min) ★★
10.50 Suits 5/16. Harvey and Mike agree to a ceasefire.
11.30 6/16. Mike continues to play hardball over the Gillis Industries takeover. (S4)
12.15 AM Boarders 1/6. (S2)
1.05 Body on the Beach: What Happened to Annie? 1/4. Documentary.
1.35 Top Gear As 7.00pm.
2.35 Eating with My Ex
3.05 Laugh Lessons
3.10 to 3.55 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Handmade Treasures** Kirstie Allsopp visits the Devon County Show.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY
5.50 Car S.O.S Fuzz Townshend and Tim Shaw restore a 1969 Lancia Fulvia 1.3 Rallye.
6.55 Tim and Fuzz take on possibly their most obscure car to date.
7.55 Grand Designs After a four-year stint living in New Zealand, an intrepid pair want to build a Kiwi-style hill house on the Malvern Hills in Worcestershire.
9.00 24 Hours in A&E A woman with lung cancer is rushed to St George's with suspected sepsis, while an 83-year-old man is brought into resus after falling off his roof.
10.00 A 43-year-old man with motor neurone disease is rushed to St George's with severe sepsis.
11.05 Emergency Helicopter Medics Medical series.
12.05 AM Rescue: Extreme Medics Documentary.
1.10 Edward Vs George: The Windsors at War
2.15 24 Hours in A&E
3.20 to 3.50 AM
 Food Unwrapped Gets Chocolatey

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture the Railways Built** Ffestiniog.
7.45 The Flying Gardener
 From Dumfries and Galloway.
8.00 Himalaya with Michael Palin 2/6. A journey from K2 in Pakistan to Ladakh in India.
9.00 The Land of Lewis Grassic Gibbon: Places of the Sunset A film about writer Lewis Grassic Gibbon.
9.30 Lewis Grassic Gibbon: The Lay of the Land
 The Scottish novelist's exile.
10.00 Moira Armstrong and Vivien Heilbron Remember... Sunset Song
 The director and star look back at the Scottish drama.
10.10 Sunset Song 1-3/6.
 Adaptation of Lewis Grassic Gibbon's novel. (S1)
12.25 AM Scotland's Favourite Book With Kirsty Wark.
12.55 The Land of Lewis Grassic Gibbon: Places...
1.25 Lewis Grassic Gibbon: The Lay of the Land
1.55 The Cult Next Door
2.55 to 3.55 AM Himalaya with Michael Palin

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks Diane spends the night with an unexpected villager.
7.30 Modern Family 14/18.
 Phil and Claire take Haley and Dylan to dinner. (S11)
8.00 The Simpsons Opposites A-frack: Mr Burns launches a fracking operation.
8.30 Simpsonsorama: *Futurama's* Planet Express crew turn up in Springfield.
9.00 Celebrity Gogglebox
 Famous faces appraise *Love Island* and *Clarkson's Farm*.
10.00 Gogglebox The critics review *Coronation Street* and *Married at First Sight UK*.
11.05 First Dates
12.05 AM Naked Attraction
1.10 Celebrity Gogglebox
2.10 Gogglebox
3.10 Teen First Dates
4.05 The Simpsons
4.30 to 6.00 AM
 Brooklyn Nine-Nine

+1 hour 235/236 306 30 123

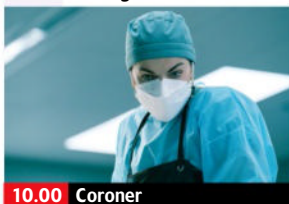
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

- 6.00 AM **The Force: Manchester**
 7.00 **Motorway Patrol**
 8.00 **Border Patrol**
 9.00 **Border Security USA**
 10.00 **Border Security: Canada's Front Line** Double bill.
 11.00 **Bull** 22/22. (S6)
 12.00 **NOON FBI** 2/13. (S6)
 1.00 **PM FBI: International** (S3)
 2.00 **FBI: Most Wanted** 2/13. The Fugitive Task Force investigate multiple bombings targeting retired NYPD officers. (S5)
 3.00 **Stop, Search, Seize**
 4.00 **Nothing to Declare**



10.00 Coroner

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Fish Town** Double bill.
 8.00 **The Sopranos** 11 & 12/21. (S6)
 10.10 **Billions** 9&10/12. (S4)
 12.20 **PM Game of Thrones** (S3)
 1.25 **Big Love** 7&8/12. (S1)
 3.35 **The Sopranos** 11/21. Carmela's trip gives her a new outlook.
 4.40 12/21. Christopher tries to overcome his addictions. (S6)
 5.45 **Billions** 9/12. Chuck continues to navigate his way through New York's political landscape.
 6.50 10/12. Axe and Wendy's bond solidifies as he recalls a pivotal moment. (S4)

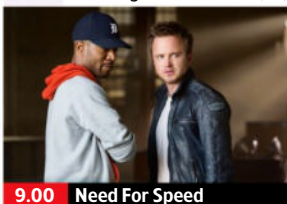


9.00 Succession

Sky Max

113/114 813 111 346 351

- 6.00 AM **S.W.A.T.** 2&3/22. (S6)
 8.00 **Supergirl** 19/20. (S6)
 9.00 **Stargate SG-1** 5&6/22. (S1)
 11.00 **Manifest** 4/13. (S3)
 12.00 **NOON The Flash** 1/18. (S7)
 1.00 **PM S.W.A.T.** 4&5/22. (S6)
 3.00 **NCIS: New Orleans** (S7)
 4.00 **MacGyver** 9/15. (S5)
 5.00 **Manifest** 3/13. Michaela receives devastating news while in active pursuit of murderous criminals. (S3)
 6.00 **Stargate SG-1** 5/22. Members of the team undergo a startling transformation. (S1)



9.00 Need For Speed

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
 9.00 **Totally Bonkers**
 Guinness World Records
 9.05 **World's Funniest Videos**
 10.00 **Secret Crush** Double bill.
 12.00 **NOON Dinner Date**
 1.00 **PM Supermarket Sweep**
 2.00 **Family Fortunes: Celebrity Christmas Special**
 3.00 **Charmed** 8/22. (S7)
 4.00 **Gilmore Girls** 7/22. (S4)
 5.00 **Dinner Date**
 6.00 **Celebrity Catchphrase** With guests Dianne Buswell, Ria Hebden and Neil Morrissey.



7.00 Family Fortunes

ITV3

119 117 10 115

- 6.00 AM **Classic Emmerdale**
 7.00 **Classic Coronation Street**
 8.10 **A Touch of Frost**
 10.35 **The Royal Letting Go.**
 11.40 **Heartbeat** Double bill.
 1.40 **PM Classic Emmerdale**
 2.40 **Classic Coronation Street**
 3.40 **A Touch of Frost One Man's Meat:** Jack investigates the death of an environmental health officer whose arm has been washed ashore.
 5.55 **Heartbeat No Hiding Place:** A young woman at the centre of a scandal seeks refuge.



8.00 Grace

7 PM

- 7.00 **Nothing to Declare**
 Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **FBI Behind the Veil:** 7/13. The team search for a bomber after an explosive goes off in a local restaurant. (S6)

9 PM

- 9.00 **Elsbeth Ball Girl:** 5/10. Elsbeth and Kaya investigate when a tennis champion drops dead on the court. (S1)

10 PM

- 10.00 **Coroner Cutting Corners:** 2/12. Things get off to a rocky start with the new coroner who has been filling in for Jenny. (S4)
 11.00 **The Rookie** 15/20. (S2)
 12.00 **MT Law & Order: Organized Crime** 5/8. (S1)
 1.00 AM **The Good Doctor** (S1)
 2.00 **Bull** 20/22. (S6)
 3.00 **The Rookie: Feds** 3/22. (S1)
 4.00 **Highway Patrol**
 5.00 to 6.00 AM **Road Wars**

+1 hour 207 310

- 7.55 **Game of Thrones Walk of Punishment:** 3/10. Jon is taken to the Fist of the First Men, Jaime strikes a deal with his captors and Daenerys meets with the slavers. (S3)

- 9.00 **Succession Pre-Nuptial:** 9/10. The big day arrives as the Roy family assemble at an English castle to prepare for Shiv and Tom's wedding.
 10.10 **Nobody Is Ever Missing:** 10/10. Logan's team find themselves in defence mode. (S1)

- 11.30 **Band of Brothers** 2/10. Winters rallies the troops during the hellish confusion of the Normandy landings. (S1)
 12.35 AM **Game of Thrones** As shown at 7.55pm.
 1.35 **Gomorra** 9&10/12. (S4)
 3.45 to 6.00 AM **Urban Secrets**

+1 hour 208/209

- 7.00 **Stargate SG-1 The First Commandment:** 6/22. O'Neill and the team try to find the mysteriously missing SG-9 team. (S1)

- 8.00 **Freddie Fries Again** 3/6. Andrew Flintoff and Rob Penn head to the south coast of England.

- 9.00 **FILM Need for Speed**
 Action adventure starring Aaron Paul. An ex-convict returns to the illegal street racing circuit to get revenge for his unjust imprisonment. (2014, 12, 132min) ★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.25 **Strike Back: Vengeance** 5/10. Matlock and Kohl kidnap a woman and her son. (S3)
 12.20 AM **Karl Pilkington: The Moaning of Life**
 1.10 **The Force: North East**
 2.00 **A League of Their Own** **New edition** With Ollie Watkins.
 3.00 **NCIS: New Orleans** (S7)
 4.00 **MacGyver** 9/15. (S5)
 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Family Fortunes: Celebrity Christmas Special** With Shirley Ballas, Vogue Williams and Spencer Matthews.

- 8.00 **Gordon Ramsay's Food Stars USA** **New edition**
 The contestants provide breakfasts at Gordon's Savoy Grill.

- 9.00 **Love Island: All Stars** **New edition**
 The legends are having an experience in the villa that none of them will ever forget.

- 10.05 **Olivia Attwood: Getting Filthy Rich**
 Olivia meets women using the modern acronyms MILFs and GILFs.
 11.05 **Family Guy** 20/20. Meg comes home from Russia.
 11.35 13/20. Peter is mistaken for being a single parent. (S21)
 12.05 AM **American Dad!** (S1&17)
 1.05 **Bob's Burgers** 9&11/22. (S10)
 2.05 **The Emily Attack Show**
 2.45 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

- 6.55 **Heartbeat**
A Gentleman's Sport: Blaketon is overjoyed when a cricketing legend checks into the pub.

- 8.00 **Grace Dead Tomorrow:**
 A body is dredged up from the English Channel, and the investigation forces Grace to ask himself just how far someone might go to save the ones they love.

- 10.00 **Endeavour Rocket:** Morse investigates the murder of an unpopular worker at a munitions factory. Guest stars Martin Jarvis.

- 12.00 **MT Trial & Retribution** 2/2. A police search leads to the body of a missing five-year-old. The evidence points to a local drunk being guilty, but it becomes clear that the outcome isn't certain. (S1)
 2.05 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
 REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
 7.00 **PM Reporting Scotland**
 7.30 **Designing the Hebrides** Updating a crumbling bothy on the small island of Ulva.
 8.00 **Paramedics on Scene** A man barricades himself in his home.
 9.00 **Debate Night** Topical debate on the big issues affecting Scotland.
 10.00 **The Ice Cream Wars** 2/2. The conclusion of the documentary picks up in the summer of 1984 with the investigation into the fire that killed six members of the Doyle family, and the trial that followed.
 11.00 **Scotcast** **New edition**
 Discussion on Scotland's biggest news stories.
 11.30 **PM to 12.00 MT The Trials That Shocked Scotland** A shooting on a quiet street in Glasgow.

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **Mr Mayor** (S1)
 9.00 **The Conners** (S3)
 10.00 **Silicon Valley** (S5)
 11.25 **High Maintenance** (S2)
 12.40 **PM Entourage** (S6&7)
 2.10 **Silicon Valley** (S5)
 3.40 **High Maintenance** (S2)
 4.50 **Mr Mayor** 5&6/10. (S1)
 5.50 **The Office (US)** (S7)
 6.50 **The Conners** (S3)
 7.50 **Ballers** 6/8. Charles faces a health crisis.
 8.55 7/8. Ricky has a big meeting. (S5)
 9.00 **Entourage** 9/12. Ari has lunch with an old friend who needs his help.
 9.40 10/12. The director of *Smokejumpers* tells Vince to work on his bad habits. (S5)
 10.20 **The Tonight Show Starring Jimmy Fallon** **New edition** Chat show.
 11.20 **Katherine Ryan: Missus**
 12.50 AM **Sex and the City**
 2.10 **Black Monday** (S3)
 3.35 to 5.00 AM **High Maintenance**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **A Midsummer Night's Dream**
 8.10 **The Joy of Painting**
 9.10 **Tales of the Unexpected**
 10.05 **Hitchcock Presents**
 11.05 **Discovering**
 12.00 **NOON Portrait Artist...**
 1.00 **PM Tales of the...**
 2.00 **Art Traffickers**
 3.00 **Discovering**
 4.00 **Classic Albums**
 5.00 **Portrait Artist 2020**
 6.00 **Tales of the Unexpected**
 7.00 **Alfred Hitchcock Hour**
 8.00 **Landscape Artist of the Year** **New edition**
 9.00 **NEW Miyazaki: Spirit of Nature** The life and work of Hayao Miyazaki.
 10.35 **Alec Guinness: A Class Act** A look at the career of the actor.
 12.35 AM **A Brush with Comedy** Documentary.
 2.35 **David Baddiel: The Not the Trilogy - My Family: Not the Sitcom**
 3.55 **Life & Rhymes**
 5.00 to 6.00 AM **Auction**

Sky Mix

151 135 11 141

- 7.00 AM **Nothing to Declare**
 9.00 **Monkey Life**
 10.00 **Stop, Search, Seize**
 11.00 **Highway Patrol**
 12.00 **NOON Motorway Patrol**
 1.00 **PM Border Patrol**
 2.00 **Monkey Life**
 3.00 **Nothing to Declare**
 4.00 **Star Trek: The Next Generation** 23/26. (S6)
 5.00 **Stargate Atlantis** (S1)
 6.00 **Star Trek: Deep Space Nine** 17/26. (S7)
 7.00 **Star Trek: Voyager** (S4)
 8.00 **Landscape Artist of the Year** **New edition**
 From Bristol's Clifton Suspension Bridge.
 9.00 **The Rookie** (S2)
 11.00 **Britain's Most Evil Killers** John Sweeney.
 12.00 **MT Snapped**
 1.00 AM **Nothing to Declare**
 2.00 **Brit Cops: Rapid Response** Documentary.
 3.00 **Highway Patrol**
 4.00 **Border Patrol**
 5.00 to 6.00 AM **Highway Cops**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
 7.40 **Backyard Builds** **New edition** DIY series.
 8.10 **Olivia Meets Her Match**
 9.10 **John and Lisa's Food Trip Down Under**
 10.10 **Buying and Selling**
 11.10 **The Real Housewives of Beverly Hills**
 12.05 **PM Olivia Meets Her...**
 1.05 **The Only Way Is Essex**
 2.05 **Dinner Date**
 3.10 **Scott's Vacation House Rules** **New edition**
 4.05 **The Real Housewives of Beverly Hills**
 5.00 **The Real Housewives of New Jersey** **New edition** Reality show.
 6.00 **Buying and Selling**
 7.00 **John and Lisa's Food Trip Down Under**
 8.00 **Dinner Date**
 9.00 **Botched by Nature**
 10.00 **Botched** Double bill.
 11.50 **The Only Way Is Essex**
 12.50 AM **Backyard Builds**
 1.15 to 1.30 AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

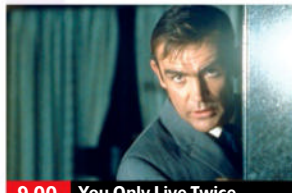
- 8.00 AM **Diagnosis Murder**
 10.00 **Father Dowling**
 Mysteries 10/13. (S2)
 11.00 **Sue Thomas: F.B. Eye**
 12.00 **NOON Hart to Hart**
 2.00 **PM Father Dowling**
 Mysteries 2/22. (S3)
 3.00 **Diagnosis Murder**
 5.00 **Murder, She Wrote**
 7.00 **M*A*S*H** 16-19/20. (S9)
 9.00 **Randall and Hopkirk (Deceased)** *The House on Haunted Hill:* 9/26. A haunted house holds a sinister secret. (S1)
 10.00 **The New Avengers**
Forward Base: 11/13. The trio set out to uncover the truth behind a 1960s typhoon. (S2)
 11.00 **The Persuaders!** (S1)
 12.00 **MT M*A*S*H** (S9)
 2.00 AM **Randall and Hopkirk (Deceased)**
 3.00 **The Persuaders!** (S1)
 4.00 **Highway to Heaven**
 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
- 7.05 The Professionals
- 8.10 Casebook of Sherlock Holmes Murder mystery.
- 9.20 Magnum, PI
- 10.20 Kojak
- 11.25 BattleBots
- 12.25 PM Casebook of Sherlock Holmes Murder mystery.
- 1.35 Magnum, PI
- 2.35 Kojak
- 3.40 Minder
- 4.50 The Professionals
- 5.50 BattleBots **New edition**



9.00 You Only Live Twice

- 6.55 **The Motorbike Show** Henry Cole discovers the joys of the Algarve and joins Sam Lovegrove on the epic Pioneer Run.
- 8.00 **Junk and Disorderly** The team head for Tewkesbury auction, and they buy so much that they've got their work cut out.
- 9.00 **FILM You Only Live Twice** James Bond adventure starring Sean Connery. Agent 007 leads the race to stop SPECTRE from provoking World War Three. With Donald Pleasence. (1967, PG, 117min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.30 **Wrestling: AEW Collision** Hard-hitting action.
- 1.30 **AM Dark Side of the Ring** **New edition** A look at the troubled family life of Jake 'The Snake' Roberts
- 2.20 **Auto Mundial**
- 2.45 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 14/26. (S3)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 4/26. (S6)
- 2.00 Warehouse 13 10/13. (S2)
- 3.00 Stargate SG-1 16/20. (S8)
- 4.00 Star Trek: Voyager (S2)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 14/26. Riker is accused of murdering eminent scientist Dr Nel Appgar. (S3)



11.00 5-Headed Shark Attack

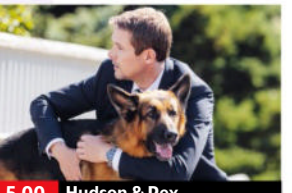
- 7.00 **Warehouse 13** *Where and When:* 10/13. Pete and Myka go back in time to try to solve a case from the 1960s. (S2)
- 8.00 **Stargate SG-1** *Reckoning - Part One:* 16/20. Jack and Jacob are forced to make an alliance with Ba'al. (S8)
- 9.00 **Grimm** *Bad Teeth:* 1/22. Part one of two. Nick attempts to find a cure for Juliette. (S2)
- 10.00 **The Walking Dead** *Killer Within:* 4/16. Lives are placed in jeopardy when Rick's survivors are separated. (S3)
- 11.00 **FILM 5-Headed Shark Attack** Mutant fish thriller starring Nikki Howard and Jorge Navarro. (2017, 15, 90min) ★
- 1.00 **AM FILM 6-Headed Shark Attack** Thriller sequel starring Brandon Auret and Thandi Sebe. (2018, 15, 86min) ★
- 3.00 **Room 104** 11 & 12/12. (S3)
- 4.05 to 6.00 AM **Most Haunted**

+1 hr 241/269 320/362 130

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S9)
- 9.00 Father Brown
- 10.00 Miss Scarlet and the Duke
- 11.00 Hudson & Rex 8/16. (S3)
- 12.00 NOON The Mentalist (S4)
- 1.00 PM Death in Paradise (S4)
- 2.00 Murdoch Mysteries (S9)
- 4.00 Miss Scarlet and the Duke 5/6. The unscrupulous boss of a new telecom company is accused of murder. (S4)
- 5.00 Hudson & Rex 8/16. Charlie and Rex investigate a fairytale-turned-nightmare. (S3)
- 6.00 Father Brown As 10.00pm.



5.00 Hudson & Rex

- 7.00 **The Mentalist** *Red Is the New Black:* 13/24. Jane and Lisbon investigate the death of an out-of-favour fashion designer. (S4)
- 8.00 **White Collar** *Neighbourhood Watch:* 13/16. Elizabeth becomes convinced her neighbours are planning a crime. (S3)
- 9.00 **Death in Paradise** *Swimming in Murder:* 5/8. A rock singer is electrocuted in a swimming pool. (S4)
- 10.00 **Father Brown** *The Requiem for the Dead:* The sleuth must opens up old wounds when a child killer is murdered.
- 11.00 **The Mentalist** As 7.00pm.
- 12.00 **MT White Collar** As 8.00pm.
- 12.55 **AM CSI: Vegas** 18/21. A bomb goes off at a party for wealthy investors in a new casino. (S2)
- 1.55 **So Help Me** Todd 8/21. (S1)
- 2.50 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM Highlights
- 9.20 The Green Green Grass
- 10.00 Are You Being Served?
- 10.40 Porridge
- 11.20 Last of the Summer Wine
- 12.40 PM The Green Green Grass
- 1.20 The Good Life
- 2.00 Dad's Army
- 2.40 Porridge
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.20 The Green Green Grass
- 6.00 Are You Being Served?
- 6.40 Dad's Army



8.40 The Thin Blue Line

- 7.20 **Dad's Army** The platoon are asked to provide a guard of honour for a train carrying George VI.
- 8.00 **The Good Life** A journalist writes a story about Tom and Barbara.
- 8.40 **The Thin Blue Line** Fowler falls victim to the Gasforth Amateur Dramatics Society.
- 9.20 **Blackadder II** Edmund antagonises the Bishop of Bath and Wells.
- 10.00 **The Office** David's worries about the work experience girl are all forgotten on a night out.
- 10.40 **The Good Life** As 8pm.
- 11.20 **The Thin Blue Line**
- 12.00 **MT Blackadder II**
- 12.40 **AM The Office** As 10.00pm.
- 1.20 **Newark, Newark** Maxine takes a leap of faith in hiring Leslie to work at the chippy.
- 2.00 **Blackadder II** As 9.20pm.
- 2.35 to 4.00 AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM Total Wipeout: Freddie & Paddy Takeover
- 8.00 Cop Car Workshop
- 10.00 **Extreme Fishing with Robson Green: At the Ends of the Earth** Double bill.
- 12.00 NOON American Pickers
- 2.00 PM How Britain Worked
- 3.00 Top Gear Double bill.
- 5.00 **Hairy Bikers' Best of British** The duo forage for food.
- 6.00 **Rick Stein's Secret France** The chef concludes his tour of France with trips to the Languedoc and Provence.



6.00 Rick Stein's Secret France

- 7.00 **Would I Lie to You?** With Reece Shearsmith, Trinnie Woodall, Michael Ball and Charlie Brooker.
- 7.40 **Richard Osman's House of Games** With Joe Thomas and Jake Wood. 8.20 With Kemah Bob, JJ Chalmers, Kevin Clifton and Victoria Derbyshire.
- 9.00 **QI XL** Emma Thompson, John Sessions and David Mitchell join regular panellist Alan Davies and host Stephen Fry.
- 10.00 **Have I Got a Bit More News for You** Clive Myrie hosts, with guests Jo Brand and Katy Balls.
- 11.00 **8 Out of 10 Cats**
- 12.00 **MT Mock the Week**
- 12.40 **AM Would I Lie to You?**
- 2.00 **Jamali Maddix: Follow the Leader**
- 2.45 **Two Pints of Lager and a Packet of Crisps** to 4.00 AM
- 3.30 **Meet the Richardsons**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 **A Place in the Sun**
- 2.30 PM Come Dine with Me
- 5.00 **A Place in the Sun**
- 6.00 **Location, Location, Location** In Edinburgh.
- 7.00 **The Dog House**
- 8.00 **Jamie's £1 Wonders & Money-Saving Meals**
- 9.00 **Top Guns: Inside the RAF** Behind the scenes in the RAF's busiest operational airbases.
- 10.00 **FILM The Predator** Sci-fi thriller sequel starring Boyd Holbrook and Trevante Rhodes. (2018, 15, 102min) ★★★
- 12.05 **AM FILM Transformers: Revenge of the Fallen** Sci-fi adventure sequel starring Shia LaBeouf and Megan Fox. (2009, 12, 149min) ★★★
- 3.05 **Sarah Beeny's New Life in the Country**
- 4.10 to 4.40 AM **Food Unwrapped**

+1 hr 241/269 320/362 130

5USA

141/169 120/162 21 129

- 9.00 AM NCIS 8-10/24. (S8)
- 12.00 NOON Law & Order
- 6.00 PM NCIS *Pyramid:* 24/24. Gibbs and the team attend the funeral of a fallen colleague. (S8)
- 7.00 **Nature of the Beast: 1/24. Tony tries to piece together the chain of events that led to him being shot.**
- 8.00 **Restless: 2/24. The team investigate when a US Marine drops dead at his homecoming party. (S9)**
- 9.00 **Criminal Minds** *Mr Scratch:* 21/23. The BAU investigate three disturbing cases of murder after a trio of unlikely killers attack their loved ones. (S10)
- 10.00 **Law & Order: Special Victims Unit** (S13)
- 1.55 AM **Law & Order** (S23)
- 2.50 **New York Undercover** to 4.00 AM
- 3.35 **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 **Nightmare Tenants, Slum Landlords**
- 11.00 **Traffic Cops**
- 2.00 PM **Police Interceptors**
- 5.00 **Car Pound Cops**
- 6.00 **Home and Away**
- 7.00 **Casualty** 24/7: Every Second Counts
- 8.00 **GP's: Behind Closed Doors** A full-time carer is under immense strain.
- 9.00 **999: Critical Condition**
- 10.00 **Sleeping with My Murderer** Kylie Dremby, who was murdered by boyfriend Mark Sinclair.
- 11.00 **Skin A&E**
- 12.00 **MT Accused**
- 1.00 AM **GP's: Behind Closed Doors** Medical series.
- 2.00 **Casualty** 24/7: Every Second Counts
- 2.45 **Police Interceptors** to 4.00 AM
- 3.35 **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Entertainment News
- 9.05 **Outback Truckers**
- 10.05 **Traffic Cops**
- 11.05 **Police Interceptors**
- 12.05 PM **FILM Seminole** Western with Anthony Quinn and Rock Hudson. (1953, U, 87min) ★★
- 1.55 **FILM California** Western starring Ray Milland. (1946, PG, 97min) ★★★
- 4.00 **Outback Truckers**
- 5.00 **Traffic Cops**
- 6.00 **Police Interceptors**
- 8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
- 9.00 **Police Interceptors**
- 10.00 **Police: Night Shift 999**
- 11.05 **FILM Universal Soldier: Day of Reckoning** Action thriller sequel starring Scott Adkins. (2012, 18, 109min) ★★
- 1.20 AM **Police Interceptors**
- 2.25 **Trucking Hell**
- 3.20 **Car Pound Cops** to 4.00 AM
- Entertainment News

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 **My Dream Home**
- 8.00 **Tipping Point**
- 11.00 **DIY SOS: The Big Build**
- 1.00 PM **Tipping Point**
- 4.00 **My Dream Home**
- 6.00 **DIY SOS: The Big Build**
- 7.00 **Property Brothers: Family Flashback**
- 8.00 **Inside the Ambulance**
- 9.00 **Who is Ghislaine Maxwell?** A look at the contrast between Maxwell's public face and private affairs.
- 10.00 **The Menendez Murders: Erik Tells All** Erik recalls his mother's decline leading up to the murders.
- 11.00 **Red Flag** Documentary.
- 12.00 **MT Louis Theroux: Dark States - Murder in Milwaukee**
- 1.00 AM **Celebrity MasterChef Australia**
- 2.25 to 3.00 AM **Date Night**

+1 hour 243 316 60

7 PM
8 PM
9 PM
10 PM

Really

- 142 128 17 145**
- 6.00 AM Fantasy Homes by the Sea From Ibiza.
- 7.00 Teleshopping
- 8.00 Salvage Hunters
- 11.00 A Place in the Sun
- 1.00 PM Money for Nothing
- 3.00 Antiques Road Trip
- 5.00 The Derbyshire Auction House
- 6.00 The Yorkshire Auction House
- 7.00 Celebrity Antiques Road Trip With former athlete Katharine Merry.
- 8.00 Antiques Road Trip
- 9.00 Body Bizarre
New edition Ravi gets life-changing surgery to remove the tumours that cover his face.
10.00 A boy who was born with his organs back to front and no jaw at all.
- 11.00 The Bad Foot Clinic
- 12.00 M.T. Celebrity Help! My House Is Haunted
- 2.00 AM Teleshopping
- 4.00 to 6.00 AM Salvage Hunters

DMAX

- 159 169 39 147**
- 6.00 AM Alaska: The Last Frontier Double bill.
- 8.00 Outback Opal Hunters
- 9.00 Deadliest Catch
- 11.00 Homestead Rescue: Raney Ranch
- 1.00 PM Aussie Gold Hunters
- 3.00 Yukon Gold Double bill.
- 5.00 Alaskan Bush People
- 7.00 Deadliest Catch
- 9.00 **NEW SERIES** Restoring Galveston Michael and Ashley find a 1913 beach bungalow that's about to be demolished. They transform the kitchen into a modern space.
10.00 **New edition** Ashley and Michael work on a dilapidated 1914 home, create a light-filled breakfast nook and repurpose a vintage sign.
- 11.00 Aussie Gold Hunters
- 12.00 M.T. Naked and Afraid
- 2.00 AM Teleshopping
- 5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

- 158 191 44 149**
- 7.00 AM Building Alaska
- 8.00 A Place in the Sun
- 10.00 Escape to the Country
- 12.00 NOON My Lottery Dream Home
- 2.00 PM A Place in the Sun
- 3.00 Escape to the Country
- 5.00 A Place in the Sun
- 8.00 Escape to the Country
- 9.00 Good Bones: Risky Business Mina plans to turn a Victorian home into a bed and breakfast, but hits a critical snag.
- 10.00 Home Town A couple plan to move to Laurel, Mississippi to be closer to their grandchildren.
11.00 A local restaurant owner is looking for a house with a spacious kitchen and a garden.
- 12.00 M.T. Good Bones
- 1.00 AM Building Alaska
- 2.00 Flip or Flop Double bill.
- 3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

- 145 139 48 142**
- 7.00 AM The Chase
- 10.00 The Crystal Maze
- 11.00 Through the Keyhole
- 12.00 NOON Tenable
- 1.00 PM Family Fortunes
- 3.00 Catchphrase Double bill of the game show.
- 4.00 Blockbusters Double bill of the quiz show.
- 5.00 The Crystal Maze Game show hosted by Richard O'Brien.
- 6.00 Through the Keyhole
- 7.00 Tenable Quiz hosted by Warwick Davis.
- 8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
- 10.00 Tenable Warwick Davis hosts the quiz show as five teachers and firefighters compete.
- 11.00 Bullseye Double bill of the darts-based quiz.
- 1.00 AM The Crystal Maze
- 2.00 The Chase Double bill of the quiz show.
- 4.00 Tenable As 10.00pm.
- 5.00 to 6.00 AM Bullseye

Food Network

- 140/141 190 43 148**
- 6.00 AM James Martin's French Adventure
- 7.00 The Pioneer Woman
- 9.00 Hairly Bikers Go North
- 11.00 Great British Bake Off
- 1.00 PM Rick's Food Heroes
- 2.00 James Martin's French Adventure
- 3.00 The Pioneer Woman
- 5.00 Hairly Bikers Go North
- 7.00 Great British Bake Off
- 8.00 Adam Richman Eats Football From Glasgow.
- 8.30 Adam Richman Eats Britain Enjoying pork pie in Melton Mowbray.
- 9.00 Rick Stein's Food Heroes Double bill.
- 10.00 Last Bite Hotel
New edition With Esther Choi and Judy Joo.
- 11.00 Diners, Drive-Ins and Dives Four editions.
- 1.00 AM Man v Food with Casey Webb
- 2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

- 133/134 828 165**
- 7.00 AM Extreme Couponing
- 7.30 Extreme Cheapskates
- 8.00 Flip or Flop
- 9.00 Say Yes to the Dress
- 11.00 My 600lb Life
- 12.00 NOON Dr Pimple Popper Medical series.
- 1.00 PM sMothered
- 2.00 Return to Amish
- 3.00 Outdaughters: Busby Quints
- 5.00 My 600lb Life
- 6.00 Dr Pimple Popper
- 7.00 Sister Wives
- 8.00 Seeking Sister Wife
- 9.00 **NEW SERIES** Love Off the Grid Jen meets mountain man Charlie.
- 10.00 Temptation Island
- 11.00 Sex Sent Me to the ER
- 12.00 M.T. Monsters Inside Me
- 1.00 AM Extreme Couponing
- 2.00 Temptation Island
- 3.00 Sex Sent Me to the ER
- 4.00 Seeking Sister Wife
- 5.00 to 6.00 AM Extreme Couponing

+1 hour 233/234 365

GREAT! action

- 323 426 42**
- 8.00 AM Wild West Chronicles
- 8.40 Wanted: Dead or Alive
- 9.10 **FILM** Gun Fury Western. (1953, U, 83min) ★★
- 11.00 The High Chaparral
- 12.00 NOON Wanted: Dead or Alive Double bill.
- 1.00 PM **FILM** Ride Clear of Diablo Western. (1954, U, 80min) ★★
- 2.55 **FILM** The Professionals Adventure. (1966, PG, 117min) ★★★★★
- 5.30 Wanted: Dead or Alive
- 7.00 The High Chaparral
- 8.00 The Avengers
- 9.00 **FILM** Kill Command Sci-fi thriller. (2016, 15, 100min) ★★
- 11.10 **FILM** Ghosts of Mars Thriller. (2001, 15) ★★
- 1.15 AM **FILM** Mega Shark vs Mecha Shark Thriller. (2014, 15, 85min) ★★
- 3.10 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

- 148 149 41 137**
- 8.00 AM Walker, Texas Ranger 17/25. (S2)
- 9.00 Six Million Dollar Man
- 10.00 T.J. Hooker 11/22. (S3)
- 11.00 **FILM** Primal Force Sci-fi action adventure. (1999, 15, 85min) ★
- 1.00 PM **FILM** Five Guns West Western. (1954, PG, 78min) ★★
- 2.30 **FILM** McLintock! Comedy Western. (1963, U, 127min) ★★
- 5.00 Star Trek 16/30. (S1)
- 6.00 T.J. Hooker 12/22. (S3)
- 7.00 Six Million Dollar Man
- 8.00 Walker, Texas Ranger
- 9.00 **FILM** Sabotage Crime action thriller. (2013, 15, 107min) ★★
- 11.10 **FILM** Legacy of Lies Crime action thriller. (2020, 15, 101min) ★★
- 1.10 AM **FILM** Johnny Handsome Thriller. (1989, 15, 94min) ★★
- 3.00 to 4.50 AM **FILM** The Midnight Man Horror. (2016, 15, 95min) ★★

Comedy Central

- 112/113 812 132 345 360**
- 8.00 AM Most Ridiculous
- 9.00 New Girl (S3)
- 10.00 Home Improvement
- 12.00 NOON Last Man Standing 17 & 18/21. (S9)
- 1.00 PM Friends (S2)
- 8.00 Friends 1/25. Ross reveals his sexual fantasy.
- 8.30 2/25. Ross prepares to make an important speech. (S3)
- 9.00 Kevin Bridges: A Whole Different Story
- 10.00 Comedy Central Live
New edition Stand-up with Michael Odewale.
- 11.00 Dara O Briain Talks Funny: Live in London
- 12.05 AM Michael McIntyre: Live & Laughing
- 1.05 Beavis and Butt-Head
- 2.05 Reno 911! (S2)
- 3.05 Lost Voice Guy: Cerebral LOLs
- 3.50 The Daily Show
New edition Talk show.
- 4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

- 321 425 34**
- 9.00 AM **FILM** Garage Sale Mystery: The Deadly Room Crime drama. (2015, PG, 83min) ★★
- 10.55 **FILM** Out of Control Thriller. (2009, PG) ★★
- 1.00 PM **FILM** Cry for Justice Fact-based drama. (2013, 12, 107min) ★★
- 3.00 **FILM** Lost and Found Thriller. (2019, 12) ★★
- 5.00 **FILM** My Baby Gone Thriller. (2017, PG) ★★
- 7.10 **FILM** Global Meltdown Thriller with Michael Paré. (2017, PG, 105min) ★
- 9.00 **FILM** Hercules Mythological adventure. (2014, 12, 98min) ★★
- 11.15 **FILM** Stratton Thriller. (2017, 15, 94min) ★★
- 1.15 AM **FILM** The Midwife's Deception Thriller. (2018, PG, 90min) ★★
- 3.20 Air Rescue
- 4.00 to 6.00 AM **FILM** 911 Nightmare Thriller. (2015, 15, 95min) ★★

+1 hour 322

Legend Xtra

- 317 171 69 138**
- 6.00 AM Frank Herbert's Children of Dune
- 8.00 **FILM** Asteroid-aggession Adventure. (2020, PG, 90min) ★★
- 10.00 Farscape 16/22. (S1)
- 11.00 Frank Herbert's Children of Dune
- 1.00 PM **FILM** Island of Terror Sci-fi horror with Peter Cushing. (1966, PG, 90min) ★★
- 3.00 Farscape 16/22. (S1)
- 4.00 Star Trek 24/30. (S1)
- 5.00 Frank Herbert's Children of Dune
- 7.00 Farscape 15/22. (S1)
- 8.00 Star Trek 25/30. (S1)
- 9.00 **FILM** Bulletproof Crime action drama starring Thomas Jane. (2019, 15, 110min) ★★
- 11.10 **FILM** The Howling Horror chiller. (1980, 18, 91min) ★★
- 1.00 to 3.00 AM **FILM** Peripheral Sci-fi horror. (2018, 18, 90min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

- 127/128 154**
- 6.00 AM Home Improvement
- 7.00 Teleshopping
- 9.00 Impractical Jokers: The Inspired Unemployed
- 10.00 Becker 2 & 3/22. (S1)
- 11.00 Friends (S3)
- 1.00 PM Criminally Funny
- 2.30 Impractical Jokers: The Inspired Unemployed
- 3.00 Whose Line Is It Anyway? USA
- 4.00 New Girl (S3)
- 5.00 Becker 2 & 3/22. (S1)
- 6.00 Home Improvement
- 8.00 Last Man Standing 17/21. Kristin and Ryan go head-to-head.
- 8.30 18/21. Mike gets out of yoga class. (S9)
- 9.00 Whose Line Is It Anyway? USA
- 10.00 South Park 1-8/14. (S15)
- 2.00 AM Key & Peele
- 3.00 Guessable?
- 3.45 Lee Evans: The Ultimate Experience
- 5.10 Modern Horror Stories
- 5.15 to 6.00 AM Home Improvement

GREAT! romance

- 319 424 52**
- 8.10 AM **FILM** Love Knots Romantic comedy. (2021, PG, 90min) ★★
- 10.05 **FILM** True Love Blossoms Drama. (2019, PG) ★★
- 12.00 NOON **FILM** Key to Love Drama. (2023, U) ★★
- 2.00 PM **FILM** Love Blossoms Romantic drama. (2017, PG, 80min) ★★
- 3.55 **FILM** Flowers and Honey Romantic drama. (2021, PG, 90min) ★★
- 6.05 **FILM** The 27-Hour Day Romantic drama. (2021, PG, 84min) ★★
- 8.00 **FILM PREMIERE** 14 Love Letters Drama. (2022, U, 84min) ★★
- 9.55 **FILM** Love to the Rescue Romantic drama. (2019, PG, 84min) ★★
- 11.50 **FILM** Love on Trend Drama. (2021, PG) ★★
- 1.55 AM Highway to Heaven
- 2.55 to 5.00 AM **FILM** Love at First Glance Drama. (2017, PG, 82min) ★★

+1 hour 320 63

Blaze

- 164 174 64 161**
- 6.00 AM Dickinson's Real...
- 6.40 Pawn Stars
- 7.30 Auction Hunters
- 7.55 Storage Wars: Texas
- 8.55 Hardcore Pawn
- 10.15 Evidence of the Unexplained
- 11.10 Strange Evidence
- 12.10 PM What on Earth?
- 1.05 Secrets in the Sand
- 2.05 Pawn Stars
- 3.05 Storage Wars: Texas
- 4.00 Ancient Aliens
- 6.00 Encounter: UFO
- 7.00 Pawn Stars
- 8.00 Dickinson's Real Deal
- 9.00 Strange Evidence
New edition
- 10.00 World's Most Unexplained...
- 11.00 Secrets in the Ice
- 12.00 M.T. National Park Mysteries Double bill.
- 1.00 AM Evidence of the...
- 2.00 Strange Evidence
- 3.00 Hardcore Pawn
- 3.25 Salvage Kings
- 4.10 to 6.00 AM Ancient...

Sky Replay

- 152 156**
- 7.00 AM Sixth Sense with Colin Fry Double bill.
- 8.00 Four Weddings
- 9.50 Highway Patrol
- 11.00 Border Patrol
- 12.00 NOON The Rookie (S3)
- 2.00 PM The Real A&E
- 3.00 Manifest 11/13. (S3)
- 4.00 Border Patrol
- 5.00 Highway Patrol
- 6.00 The Flash 10/18. (S7)
- 7.00 MacGyver *Improvise*: 1/22. Angus is living in Nigeria after quitting.
- 8.00 *Bravo Lead and Loyalty and Friendship*: 2/22. Jack and Angus stage an unsanctioned rescue mission. (S3)
- 9.00 The Force: Manchester
- 11.00 For Life 10/10. (S2)
- 12.00 M.T. Road Wars
- 1.00 AM The Russell Howard Hour
- 3.00 Duck Quacks Don't Echo Lee Mack hosts.
- 4.00 Four Weddings
- 5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

- 182 95**
- 6.00 AM Highlights
- 9.00 Space 1999 14/24. (S1)
- 10.00 A Fine Romance (S4)
- 10.30 Watching 1/7. (S6)
- 11.00 Diff'rent Strokes (S1)
- 11.30 I Dream of Jeannie
- 12.00 NOON Shine on Harvey Moon 4/9. (S3)
- 1.00 PM Department S (S2)
- 2.00 Born Free (S1)
- 3.00 Mysterious World (S1)
- 4.00 Stereo Underground
- 5.00 Diff'rent Strokes (S1)
- 5.30 Watching 1/7. (S6)
- 6.00 I Dream of Jeannie
- 6.30 Married... With Children
- 7.00 Blue Thunder (S1)
- 8.00 Born Free (S1)
- 9.00 Department S (S2)
- 10.00 Married... With Children
- 10.30 Drop the Dead Donkey
- 11.00 The Mrs Merton Show
- 11.35 Hammer House of Horror 8/13. (S1)
- 12.35 AM Shine on Harvey...
- 1.35 Mysterious World
- 2.35 Monkey 19/26. (S1)
- 3.30 to 6.00 AM Highlights

5SELECT

- 153 138 46 133**
- 9.00 AM Scotland's Most Scenic Railway Journeys
- 10.00 Kent: The Garden of England Documentary.
- 11.00 Ben Fogle: New Lives in the Wild Double bill.
- 1.00 PM The Yorkshire Vet
- 3.00 Murder, She Wrote
- 4.00 Columbo
- 5.30 Eggheads Quiz show.
- 6.00 World's Most Scenic Railway Journeys
- 7.00 Ben Fogle: New Lives in the Wild Double bill.
- 9.00 Portillo's Andalusia 5/6. Michael Portillo heads to Cadiz on Andalusia's Atlantic coast.
- 10.00 Sue Perkins: Lost in Thailand 1/3. The presenter explores three regions of Thailand.
- 11.00 Prisoner: Cell Block H
- 1.05 AM Bargain-Loving Brits in the Sun
- 3.00 Kent: The Garden of England Documentary.
- 3.50 to 4.00 AM Entertainment News

MTV

- 126/127 824 134**
- 6.00 AM Daria 12/14. (S5)
- 6.20 16 and Pregnant
- 7.10 Teen Mom: From the Beginning Reality series.
- 8.00 Teen Mom OG
- 9.00 Teen Mom 2: From the Beginning
- 10.00 Teen Mom 2
- 11.00 Catfish: The TV Show
- 6.00 PM Catfish: Repeat Offenders
- 7.00 Teen Mom: The Next Chapter Reality series.
- 8.00 Teen Mom UK
- 9.00 Help! I'm in a Secret Relationship!
New edition Zack will not propose to Chelsea until he knows why she's hiding him.
- 10.00 Catfish: Firsts
- 11.00 Ink Master
- 12.00 M.T. Ridiculousness
New edition The gang are intoxicated by love.
- 12.30 AM Ridiculousness
- 1.00 Ink Master Double bill.
- 2.45 Ex on the Beach
- 3.35 to 4.00 AM Teen Cries

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** The Raneys teach a family of six to thrive off-grid.
3.00 **The Last Woodsmen** Jared Douglas tries to harvest the planet's most valuable trees.
4.00 Jared takes a gamble on two pieces of machinery.
5.00 **Deadliest Catch** The men brave the treacherous waves of the Bering Sea.

NEW

9.00 **Gold Divers**

- 7.00 **Salvage Hunters** In Derbyshire, Drew finds a selection of oversized industrial antiques in a props business.

- 8.00 **Kindig Customs** The guys must invent a new process to get the C10's tricky hood just right.

- 9.00 **NEW SERIES Gold Divers** Chaotic El Niño conditions impact the ice, flipping the gold miners' game plans upside down.

- 10.00 **Gold Rush: White Water** With a season-ending blizzard inbound, the miners must push completely past their limits.

- 11.00 **Expedition Unknown** Josh Gates searches Cote d'Ivoire for a missing American military plane from World War Two.

- 12.00 **M'T Street Outlaws**
1.00 AM **Gold Divers** As 9.00pm.
2.00 **Gold Rush: White Water**
3.00 **Iron Resurrection**
4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Animal Cribbs**
9.00 **Dodo Heroes**
10.00 **Bad Dog!** A cat that steals.
11.00 **Alaska: Homestead Rescue**
12.00 **NOON Animal Cribbs**
1.00 PM **Dodo Heroes**
2.00 **Coyote Peterson: Brave the Wild** Double bill of editions.
3.00 **Tanked With Pete Rose**
4.00 **Dogs 101** Travel companions.
5.00 **Alaska: Homestead Rescue** A family struggle on their move to the wilderness of Michigan.
6.00 **Animal Cribbs** Creating an elaborate system of tunnels.

9.00 **How Sharks Hunt**

- 7.00 **Dodo Heroes** The story of Theresa and Tony, who turned their Australian retirement home into a kangaroo rescue centre.

- 8.00 **Deadliest Sharks** A look at whether oceanic white tip sharks deserve their reputation as the world's deadliest sharks.

- 9.00 **How Sharks Hunt** A look into what makes the hunting approaches of tiger sharks and great whites so effective.

- 10.00 **Alaskan Bush People** The *Integrity* begins to show its age, stranding the Brown family in the middle of the water.

- 11.00 **Flying Wild Alaska** A look at a family-run airline in Alaska.
12.00 **M'T Pit Bulls & Parolees: Tia's Tales** Tia's daughter recounts her experiences.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101** Travel companions.
3.00 **Alaska: Homestead Rescue**
4.00 to 5.00 AM **Animal Cribbs**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation: Special Report**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Colombia**
12.00 **NOON Car S.O.S**
1.00 PM **Disaster Autopsy**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans: Lost Giants**
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** Tim and Fuzz take on a 1980 Jaguar XJ-S V12.
6.00 **Nazi Megastructures** The creation of one of history's greatest air defence systems.

8.00 **Car S.O.S**

- 7.00 **Air Crash Investigation** The cause of a deadly rollercoaster in the sky, and a Chinese aircraft lands at a US Air Force base.

- 8.00 **Car S.O.S Fuzz** Townshend and Tim Shaw head to Stockport to take on a 1994 Vauxhall Cavalier Turbo.

- 9.00 **Car S.O.S Fuzz** Townshend and Tim Shaw visit Southampton to take on a 1969 Jensen Interceptor.

- 10.00 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1992 Saab 900 Turbo belonging to a former electrical engineer.

- 11.00 **Air Crash Investigation**
12.00 **M'T Mysterious Islands**
1.00 AM **The Truth Behind**
2.00 **Abandoned** A former bank.
2.30 **Lords of War**
2.55 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 to 5.00 AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
6.50 **The Great British Dig: History in Your Back Garden**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 **NOON Mountain Men**
1.00 PM **Flipping Bangers**
2.00 **D-Day: The Light of Dawn**
4.00 **Digging for Britain**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers** Robbie and Jersey comb through a five-generation farmstead in West Virginia.

10.00 **Tales from Oak Island**

- 7.00 **Forged in Fire** The contest moves to North Carolina's Appalachian Mountains, where three smiths are put to the test.

- 8.00 **The Great British Dig: History in Your Back Garden** Uncovering a 19th-century prison with a difference in Wiltshire.

- 9.00 **The Curse of Oak Island** **New edition** The team are seemingly on the verge of discovering the legendary Chappell Vault.

- 10.00 **Tales from Oak Island** **New edition** The significance of a lead cross, whose design has been found on the island.

- 11.00 **The UnBelievable with Dan Aykroyd** Stories concerning so-called superhumans.
12.00 **M'T Pawn Stars** Four editions.
2.00 AM **Mountain Men** Lauro travels down the Yukon River.
3.00 **The Great British Dig: History in Your Back Garden**
4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **Secret Nazi Bases**
11.00 **Nazi Hunters** Joachim Peiper.
12.00 **NOON Joanna Lumley's India**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Secret Nazi Bases** A look into the purpose of a forgotten Nazi complex in Poland.
5.00 **Nazi Hunters** The hunt for commandant Franz Stangl.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Nymans Gardens near Crawley.

8.00 **Canal Boat Diaries**

- 7.00 **Guy's Garage** Guy Martin investigates an Italian racing scene based around the three-wheeled Piaggio Ape.

- 8.00 **Canal Boat Diaries** Robbie Cumming receives a soaking inside the Blisworth Tunnel on the Grand Union Canal.

- 9.00 **Great Canal Journeys** Timothy West and Prunella Scales explore the Norfolk Broads, discovering a unique way of life.

- 10.00 **Bangers & Cash: Restoring Classics** The team opt to buy one of the most affordable sports cars on the road.

- 11.00 **Abandoned Engineering** Exploring a luxury resort that conceals a top-secret facility.
12.00 **M'T Joanna Lumley's India** Joanna visits the Maharaja of Dungarpur, who shows her around his lakeside palace.
1.00 to 3.00 AM **Find It, Fix It, Flog It**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Salvage Hunters** Drew Pritchard and Tee John attend a private motor museum in Denbighshire.
9.00 Drew and Al pick through the collection of a fairground family.
10.00 **NEW SERIES Salvage Hunters: Georgian House Restoration** Following Drew Pritchard as he embarks on the urgent repair of his Georgian house in Bath.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress: Atlanta** Reality series.
10.00 **Say Yes: Wedding SOS**
11.00 **Say Yes to the Dress: Lancashire**
12.00 **NOON Betrayed**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Helen McCourt.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **10 Steps to Murder**
8.00 **Murder on CCTV**
10.00 **Signs of a Psychopath** **New editions** Double bill.
11.00 **True Conviction**
12.00 **M'T Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **The Hunt for the Chameleon Killer** A murder in Florida leads to a transatlantic hunt for the killer.
8.00 **The Black Widow Murders** A woman falls under suspicion when a man is found dead.
9.00 **Forensic Factor** **New edition** The 1996 Summer Olympics are rocked by a massive pipe bomb explosion.
10.00 **Murder by the Sea** **New edition** After not being seen for days, Rita Parminter was found dead in her home.
11.00 **Evidence of Evil**
12.00 **M'T 48 Hours**
1.00 AM **Forensic Factor**
2.00 **Murder by the Sea**
3.00 **Medical Detectives**
4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **Wrongly Accused**
11.00 **Medical Detectives**
2.00 PM **Wrongly Accused**
4.00 **Medical Detectives** A woman's disappearance is paired with another.
4.30 A frozen body wrapped in sheets is found near Anchorage.
5.00 A flight attendant's murder has a similarity to a killing five years earlier.
5.30 A tragedy on a boat sees the captain drown and the deckhand live to tell the tale.
6.00 When a wealthy real-estate tycoon is killed, his will stipulates what to do in this event.
6.30 Forensics are used on both sides of the border when a US tourist is killed in Mexico.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Catching the Killer**
12.00 **NOON The Killer Within**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Crime series.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **The Killer Within**
7.00 **Most Evil Killers**
9.00 **The Real Manhunter** **New edition**
10.00 **Killing Mum and Dad**
11.00 **Catching the Killer**
12.00 **M'T Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **Snapped** Sarah Mitchell.
3.00 **Made for Murder**
4.00 **Brit Cops**
5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Auschwitz in 33 Objects** Documentary.
9.35 **Elizabeth I's Secret Agents** A Catholic plot.
10.45 **Battle on the Frontline: Maginot vs Siegfried**
12.00 **NOON Hitler's Gold**
1.00 PM **Grand Tours of Scotland** A journey from Fort William to Mallaig.
1.40 **Auschwitz in 33 Objects**
2.50 **Elizabeth I's Secret Agents** A Catholic plot.
4.00 **Battle on the Frontline: Maginot vs Siegfried**
5.10 **Hitler's Gold**
6.10 **Auschwitz in 33 Objects**
7.20 **Elizabeth I's Secret Agents** A Catholic plot.
8.35 **Battle on the Frontline: Maginot vs Siegfried**
9.50 **Hitler's Gold**
10.50 **Elizabeth I's Secret Agents** A Catholic plot.
12.00 **M'T Battle on the Frontline: Maginot vs Siegfried** Documentary.
1.10 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Story of Late Night
7.00 Discovering: Richard Dreyfuss
8.00 The Directors
9.00 The Eighties
9.55 Edge of the Earth
11.00 The Lady and the Dale
12.00 NOON AKA Mr Chow
1.50 PM My Icon: Linford Christie
2.00 Magic & Bird: A Courtship of Rivals The lives and careers of Magic Johnson and Larry Bird.
3.50 My Icon: Shaun Gayle
4.00 The Directors
5.00 Discovering: Richard Dreyfuss
6.00 The Eighties
7.00 FILM The Beatles: Eight Days a Week – The Touring Years Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★★
9.00 Becoming Madonna Charting Madonna's rise to stardom.
11.00 Tina A celebration of Tina Turner's life and career.
1.15 AM Dying to Divorce
3.00 15 Minutes of Shame
4.40 My Icon: Stef Reid
5.00 to 6.00 AM Discovering: Richard Dreyfuss

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain with Dermot Murnaghan Lewis Daynes.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder? New edition Mysterious deaths.
9.00 Green Eyed Killers New edition
10.00 Secrets of Penthouse
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM Green Eyed Killers
2.00 Secrets of Penthouse
3.00 Fear Thy Neighbour
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
1.00 PM Abandoned Engineering
5.00 The Bill They Say We're Rough: Cryer and Martella investigate an army surplus shop that seems to be stocked with stolen goods.
5.30 Blue for a Boy: A baby is kidnapped by a mystery man.
6.00 Chasing the Dragon: Haynes and Ramsay are involved in a car crash.
6.30 The Coop: Ackland and Edwards uncover a shed full of rotting chicken corpses.
7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 The Missing The Meeting: 3/8. An undercover police officer comes forward with possible information about Oliver.
10.20 Gone Fishing: 4/8. The investigation is thrown into disarray by a murder. (S1)
11.40 The Billy Four episodes.
1.45 Pointless Double bill.
3.30 Abandoned Engineering
5.10 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 My Best Friend's an Animal
10.00 Africa's Wild Horizons
11.00 Orangutan Jungle School
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 My Best Friend's an Animal
4.00 Africa's Wild Horizons
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 Extreme Africa The water birds attracted to the great lake Etosha during summer.
9.00 Super Shark Highway A look at the different types of sharks that live in earth's oceans.
10.00 Land of Primates
11.00 New Kids in the Wild
12.00 MT Orangutan Jungle School
1.00 AM Ocean Parks
2.00 Extreme Africa
3.00 Super Shark Highway
4.00 Great Parks of Africa
5.00 to 6.00 AM My Best Friend's...

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Wild Tasmania
3.00 Wild Uganda
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City: Lady and the Mamba
7.00 Secrets of the Zoo The staff prepare a home for an orphaned baby gorilla.
8.00 Extreme China Exploring the mountainous Siguaniang region.
9.00 The fishing culture of Hainan's remote islands.
10.00 Africa's Deadliest Investigating the lives of Africa's hippos, elephants and buffalo.
11.00 Ice Road Rescue
12.00 MT Last of the Giants: Wild Fish Documentary.
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM The Perfect Murder
9.00 I Almost Got Away with It
11.00 Still a Mystery Double bill.
1.00 PM The Killer Beside Me
3.00 Evil Lives Here Double bill.
5.00 Calls from the Inside
7.00 A Fatal Confession: Keith Morrison Investigates In 1993, 16-year-old Daniel Villegas confessed to killing two teenagers in El Paso. However, doubt has since been placed on the admission.
9.00 Hostage 911 A man faking chest pains takes five EMTs hostage at gunpoint. With an unwillingness to negotiate, officers believe that he has a deadly plan in mind.
10.00 High Speed Chase A stolen van leads multiple agencies on an action-packed chase.
11.00 Faking It: Tears of a Crime
12.00 MT Most Evil Double bill.
2.00 AM Calls from the Inside
4.00 to 6.00 AM A Fatal Confession: Keith Morrison Investigates
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 How to Lose a War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Britain's Most Historic Towns Georgian Edinburgh.
2.00 Walking Through History
3.00 Colosseum
4.00 How to Lose a War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files
8.00 Behind History How icons exist in various forms and have done throughout history.
9.00 Evil Genius with Russell Kane Light-hearted debate on drug lord Pablo Escobar.
10.00 History's Greatest Mysteries The Shroud of Turin.
11.00 WWII Battles in Colour
12.00 MT Ancient Aliens
2.00 AM Britain's Most Historic Towns Georgian Edinburgh.
3.00 Walking Through History
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Spontaneous Combustion: Investigation X
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Aliens in Alaska
8.00 Nazi UFO Conspiracy Alleged connections between UFO sightings and the Nazis.
9.00 Combat Dealers Bruce hears about some World War Two British RAF equipment for sale.
10.00 Shed and Buried
11.00 World's Greatest Motorcycle Rides 5/5. The end is nearly in sight for Henry Cole's South African adventure.
12.00 MT Mysteries of the Deep
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

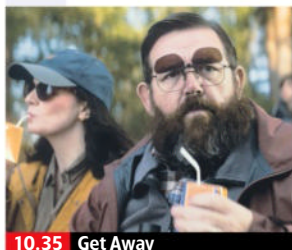
161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindy Customs
8.00 Iron Resurrection
9.00 Shed and Buried: Classic Cars
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Richard gambles on a Mark II Jensen Interceptor.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Roadworthy Rescues
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Bernie Ecclestone fights against the odds to control F1.
9.00 Kindy Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 MT Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Trans Am
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.00 AM Chuck Chuck Baby
7.50 Timestalker As 12.15am.
9.30 Twilight of the Warriors: Walled In Crime thriller. (2024, 15, 126min) ★★★
11.45 Furiosa: A Mad Max Saga
2.20 PM Parachute Comedy drama. (2023, 15, 108min) ★★★★★
4.10 Chuck Chuck Baby Drama. (2023, 15, 101min) ★★★★★
6.00 Bad Boys: Ride or Die Action comedy sequel starring Will Smith. (2024, 15, 115min) ★★★



10.35 Get Away

- 8.00 Furiosa: A Mad Max Saga Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Alyla Browne, Tom Burke and Lachy Hulme. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 Get Away Horror comedy with Nick Frost. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM Timestalker Fantasy. (2024, 15, 89min) ★★★★★
1.50 I Saw the TV Glow Horror. (2024, 15, 100min) ★★★
3.40 Get Away As 10.35pm.
5.15 to 6.00 AM Sky Cinema Preview

Sky Cinema Drama

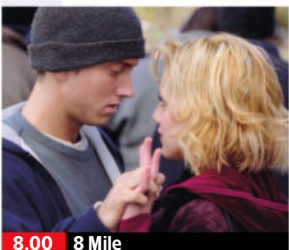
310 410 510 524

- 7.00 AM Broker South Korean crime comedy drama. Subtitled. (2022, 12, 129min) ★★★★★
9.15 Speak Like a Child As 3.10am.
10.45 Monsoon As shown at 11.20pm.
12.20 PM The Unlikely Pilgrimage of Harold Fry Drama starring Jim Broadbent and Penelope Wilton. (2023, 12, 108min) ★★★
2.15 Alleluiah Comedy drama. (2022, 12, 99min) ★★★
4.05 The Colour Room Drama. (2021, PG, 109min) ★★★★★
6.10 Lost in Translation Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
8.00 Miss Potter Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★★
9.40 It Is in Us All Drama starring Cosmo Jarvis and Rhys Mannion. (2022, 15, 92min) ★★★★★
11.20 Monsoon Director Hong Khaou's drama starring Henry Golding. (2019, 12, 85min) ★★★★★
1.00 AM Mother! Offbeat thriller starring Jennifer Lawrence. (2017, 18, 121 min) ★★★★★
3.10 Speak Like a Child Dark drama. (1998, 18, 80min) ★★
4.40 to 6.10 AM The Man with the Answers Romantic drama. (2021, 12, 80min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.05 AM Cult Killer As 4.20am.
8.05 Dangerous Waters Thriller. (2023, 15, 101min) ★★★
10.00 Polite Society As 2.30am.
11.50 The Beekeeper Thriller. (2023, 15, 105min) ★★★
1.50 PM The Meg Action thriller. (2018, 12, 113min) ★★★★★
3.50 Meg 2: The Trench Thriller sequel starring Jason Statham. (2023, 12, 115min) ★★★★★
6.00 Bob Marley: One Love Biopic. (2023, 12, 104min) ★★★★★



8.00 8 Mile

- 8.00 8 Mile Urban drama starring Eminem. Detroit youth Jimmy 'Rabbit' Smith dreams of escaping his dysfunctional home and dead-end job at a car parts factory and making it as a hip-hop star. (2002, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 Bad Boys Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni. (1995, 15, 118min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 MT Bad Boys II Action comedy thriller sequel. (2003, 15, 147min) ★★★★★
2.30 AM Polite Society Action comedy with Priya Kansara. (2023, 12, 100min) ★★★★★
4.20 to 6.10 AM Cult Killer Thriller starring Antonio Banderas. (2024, 15, 105min) ★★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.55 AM Resident Evil: Vendetta
8.40 Ex Machina As 9.45pm.
10.35 Five Nights at Freddy's Horror thriller. (2023, 15, 109min) ★★
12.30 PM Ready Player One Steven Spielberg's fantasy adventure. (2018, 12, 140min) ★★★★★
2.55 Out of Darkness Prehistoric horror. (2022, 15, 88min) ★★★★★
4.30 Resident Evil: Vendetta Animation. (2017, 15, 97min) ★★
6.15 The Nun Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★★★★
8.00 The Woman in Black Chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. A widowed solicitor glimpses a mysterious veiled figure when he visits a gloomy mansion. (2012, 12, 91 min) ★★★★★
9.45 Ex Machina Sci-fi drama starring Domhnall Gleeson, Alicia Vikander and Oscar Isaac. (2014, 15, 104min) ★★★★★
11.40 Thanksgiving Horror thriller. (2023, 18, 106min) ★★★★★
1.35 AM Out of Darkness As 2.55pm.
3.10 Riddick Sci-fi thriller sequel. (2013, 15, 122min) ★★★★★
5.20 to 7.05 AM Renfield Horror comedy starring Nicholas Hoult. (2023, 15, 93min) ★★★★★

Sky Cinema Family

306 406 506 520

- 7.20 AM It Takes Two As 5.10am.
9.05 Daddy Day Camp Comedy sequel. (2007, PG, 88min) ★★
10.40 Goosebumps 2: Haunted Halloween (2018, PG) ★★
12.15 PM Big Fat Liar Teen comedy. (2002, PG, 88min) ★★
1.50 Shazam! Fury of the Gods Adventure. (2023, 12) ★★
4.00 Dungeons & Dragons: Honour Among Thieves Adventure. (2023, 12) ★★
6.25 The Smurfs (2011, U) ★★



6.25 The Smurfs

- 8.15 The Smurfs 2 Family adventure sequel mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10 Monster Trucks Fantasy adventure starring Lucas Till. A teenager befriends a monster which feeds on oil, which bonds with the monster truck he is building from scrap. (2016, PG, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M'T Paule Family comedy. (1998, U, 92min) ★★
1.40 AM The Little Rascals Family comedy. (1994, U, 83min) ★★
3.10 Robo-Dog Sci-fi adventure. (2015, PG, 87min) ★★
4.50 Cinema List: Family Favourites to 7.00 AM It Takes Two Comedy. (1995, U, 97min) ★

Sky Cinema Valentine

302 402 502 516

- 6.45 AM Frankie and Johnny (1966)
8.15 Spoiler Alert Comedy drama. (2022, 15, 112min) ★★
10.15 She's Out of My League (2010)
12.05 PM What Happens Later Romantic comedy starring Meg Ryan. (2023, 15, 99min) ★★
1.55 P.S. I Love You Romantic comedy drama starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★
4.05 My Big Fat Greek Wedding 2 Romantic comedy sequel. (2016, 12, 94min) ★★
5.50 Ghost Romantic fantasy thriller starring Patrick Swayze, Demi Moore and Whoopi Goldberg. (1990, 12, 127min) ★★
8.00 Trainwreck Comedy drama starring Amy Schumer and Bill Hader. (2015, 15, 124min) ★★
10.10 The Five-Year Engagement Romantic comedy starring Jason Segel and Emily Blunt. (2012, 15, 119min) ★★
12.20 AM She's Out of My League Romantic comedy starring Alice Eve. (2010, 15, 100min) ★★
2.20 Book Club: The Next Chapter Comedy sequel starring Jane Fonda. (2023, 12, 107min) ★★
4.20 to 6.00 AM Frankie and Johnny Musical. (1966, U, 87min) ★★

Sky Cinema Stunts

307 407 507 521

- 6.05 AM Cinema List: Superheroes
6.25 Once Upon a Time in China III Action drama. (1993, PG) ★★
8.25 Three Days of the Condor Thriller. (1975, 15) ★★
10.25 The Way of the Dragon
12.10 PM Hanna (2011, 12) ★★
2.05 Rear Window Classic thriller. (1954, PG, 112min) ★★
4.00 The Bourne Supremacy Spy thriller. (2004, 12) ★★
6.00 The Bourne Ultimatum Spy thriller. (2007, 12) ★★



8.00 Jack Reacher

- 8.00 Jack Reacher Action thriller starring Tom Cruise as bestselling author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. (2012, 15, 130min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.15 Jack Reacher: Never Go Back Thriller sequel starring Tom Cruise. The vigilante tries to save an army major who has been framed for murder. (2016, 12, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20 AM Wanted Fantasy thriller. (2008, 18, 105min) ★★
2.15 Crank Action thriller. (2006, 18, 88min) ★★
3.50 The Way of the Dragon Hong Kong action adventure. (1972, 18, 99min) ★★
5.35 to 6.25 AM Sky Cinema Preview

Sky Cinema Greats

304 404 504 518

- 6.00 AM Ten Little Indians (1974)
7.55 Bruce Lee's Big Boss (1971)
9.45 Fist of Fury Martial-arts thriller. (1972, 18, 106min) ★★
11.45 Enter the Dragon Thriller. (1973, 18, 97min) ★★
1.30 PM Blade Runner Thriller. (1982, 15, 130min) ★★
3.30 Robin Hood: Prince of Thieves Adventure starring Kevin Costner. (1991, PG, 138min) ★★
5.55 Birdy Psychological drama. (1984, 15, 120min) ★★
8.00 The Shawshank Redemption Prison drama with Tim Robbins and Morgan Freeman. A banker convicted of murder forms a friendship with a fellow convict. (1994, 15, 142min) ★★
10.25 Goodfellas Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★
12.50 AM The Sugarland Express Steven Spielberg's comedy drama. (1974, PG, 110min) ★★
2.45 Bruce Lee's Big Boss Action thriller. (1971, 18, 94min) ★★
4.40 Sky Cinema Preview
5.40 to 7.30 AM Ten Little Indians Mystery. (1974, PG, 98min) ★

Sky Cinema Comedy

308 408 508 522

- 6.40 AM Uproar As 1.05am.
8.35 Sweethearts As 3.05am.
10.20 Strays Canine comedy. (2023, 15, 93min) ★★
12.00 NOON Mr Deeds Comedy. (2002, 12, 96min) ★★
1.45 PM Miss Congeniality 2: Armed and Fabulous Comedy sequel. (2005, 12, 113min) ★★
3.50 White Chicks Slapstick comedy. (2004, 15, 109min) ★
5.50 Girls Trip Comedy with Regina Hall. (2017, 15, 122min) ★★



9.40 Kangaroo Jack

- 8.00 In & Out Comedy starring Kevin Kline, Tom Selleck and Joan Cusack. A small-town teacher's life is turned upside down when he is outed as gay by a former pupil on national TV. (1997, 12, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.40 Kangaroo Jack Comedy with Jerry O'Connell and Anthony Anderson. Two friends get into trouble Down Under when the cash they are delivering for the mob falls into the paws of a wild kangaroo. (2003, PG, 89min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.20 Please Don't Destroy: The Treasure of Foggy Mountain Comedy. (2023, 15) ★★
1.05 AM Uproar Comedy drama. (2023, 12, 110min) ★★
3.05 Sweethearts Comedy. (2024, 15, 110min) ★★
4.55 to 6.50 AM Friends with Benefits Romantic comedy. (2011, 15, 105min) ★★

Sky Cinema Animation

305 412 500 514

- 6.10 AM Boonie Bears: Guardian...
7.50 The Swan Princess Animated musical. (1994, U, 89min) ★★
9.30 The Swan Princess: The Secret of the Castle Animated sequel. (1997, U, 89min) ★★
10.50 Ruby Gillman, Teenage Kraken Animation. (2023, PG) ★★
12.30 PM The Lego Batman Movie Animated family comedy. (2017, U, 104min) ★★
2.25 Despicable Me 3 Animated sequel. (2017, U, 99min) ★★
4.00 The Super Mario Bros Movie Animation. (2022, PG) ★★
5.40 The Angry Birds Movie Animation. (2016, U) ★★
7.25 The Angry Birds Movie 2 Animation. (2019, U) ★★
9.10 Spirit: Stallion of the Cimarron Animation. (2002, U) ★★
10.40 Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog Animation. (2021, PG, 78min) ★★
12.05 AM Boonie Bears: Guardian Code Animation. (2023, PG) ★★
1.50 Tad the Lost Explorer and the Secret of King Midas Animation. (2017, U, 85min) ★★
3.25 Maya the Bee (2014, U) ★★
5.00 to 6.45 AM Mavka: The Forest Song Animation. (2023, PG) ★★

Sky Cinema Thriller

309 409 509 523

- 6.25 AM Munich Political thriller. (2005, 15, 164min) ★★
9.20 Unhinged Psychological thriller. (2020, 15, 90min) ★★
11.05 The Saint As 12.00m.t.
1.15 PM Ocean's Thirteen Thriller sequel with George Clooney. (2007, PG, 122min) ★★
3.30 Blackhat Crime drama. (2015, 15, 128min) ★★
5.55 Escape from Alcatraz Fact-based prison drama. (1979, 15, 112min) ★★



9.55 Constantine

- 8.00 Ocean's Eight Crime caper, starring Sandra Bullock, Cate Blanchett and Anne Hathaway. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.55 Constantine Supernatural horror thriller starring Keanu Reeves. Cynical hero John Constantine realises that the truce between heaven and hell is breaking down and that infernal trouble lies ahead. (2005, 15, 121min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M'T The Saint Big-screen version of the cult 1960s TV series, starring Val Kilmer. (1997, 12, 116min) ★★
2.10 AM Desperation Road Thriller. (2023, 18, 112min) ★★
4.15 to 6.10 AM American Star Thriller starring Ian McShane. (2023, 15, 107min) ★★

Movies 24

312 419

- 7.00 AM Made for Each Other Romantic fantasy drama. (2023, PG, 84min) ★★
9.00 Stepping into Love Romantic drama. (2023, PG, 82min) ★★
11.00 Love & Jane Romantic fantasy. (2024, PG, 84min) ★★
1.00 PM Paging Mr Darcy Romantic drama. (2024, PG, 84min) ★★
3.00 Lease on Love Romantic comedy. (2022, PG, 86min) ★★
5.00 Campfire Romance Romantic comedy starring Tori Anderson. (2022, PG, 90min) ★★
7.00 Heart of the Manor Romantic comedy starring Ashlynn Yennie. (2021, PG, 85min) ★★
9.00 Pumpkin Everything Romantic comedy drama starring Taylor Cole and Corey Sevier. A novelist crosses paths with a man from her past while looking after her stubborn grandfather and his pumpkin-themed store. (2022, PG, 84min) ★★
11.00 Blind Date Book Club Drama. (2024, PG, 90min) ★★
1.00 AM Luckless in Love Romantic comedy. (2023, PG, 86min) ★★
3.00 to 5.00 AM Hidden Gems Comedy. (2022, PG, 85min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- Films start at 11.00am
11.00 AM It Should Happen To You Comedy. (1953, b/w, U) ★★
12.45 PM The Guns of Fort Petticoat Western adventure. (1958, PG, 82min) ★★
2.25 Sands of Iwo Jima Adventure. (1949, b/w, PG, 109min) ★★
4.35 First Men in the Moon Sci-fi. (1964, U, 99min) ★★
6.45 G.I. Joe: The Rise of Cobra Adventure with Dennis Quaid. (2009, 12, 113min) ★★



9.00 Father Stu

- G.I. Joe: The Rise of Cobra (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 Father Stu Drama starring Mark Wahlberg and Mel Gibson. An amateur boxer falls for a member of the Catholic Church and decides to become a priest. With Teresa Ruiz and Malcolm McDowell. (2022, 15, 124min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.35 Mean Streets Martin Scorsese's gritty urban drama about four young men struggling to survive in New York's Little Italy. Stars Robert De Niro and Harvey Keitel. (1973, 15, 110min) ★★
1.50 to 4.00 AM PREMIERE Small, Slow But Steady Japanese drama. Subtitled. (2022, 12, 99min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00 AM Amos Burke, Secret Agent
7.00 The Sicilians Crime thriller. (1964, b/w, PG, 69min) ★★
8.20 What's On TPTV with Noel
8.30 One Step Beyond 26/39. (S2)
9.05 Svengali Melodrama with Donald Wolfelt. (1954, PG, 82min) ★★
10.45 Model for Murder Mystery. (1958, b/w, PG, 73min) ★★
12.15 PM The Black Knight Arthurian adventure. (1954, U, 85min) ★
1.55 The Brothers 9/13. (S3)
3.00 The Kansan Western. (1943, U, 80min) ★★
4.40 Hillbilly Holiday
4.50 The Life and Legend of Wyatt Earp 27/33. (S1)
5.25 The Adventures of Jim Bowie
5.55 The Texan 27/37. (S1)
6.30 The Road to D-Day
7.00 Z Cars 19/31. (S10)
8.00 Manhunt 10/26. (S1)
9.05 Maigret 3/3. (S6)
11.10 Crime Story 7/8. A wealthy family are gunned down. (S2)
12.15 AM Maigret 2/13. (S4)
1.20 Black Tuesday Crime drama. (1955, b/w, 18, 80min) ★★
3.00 Look at Life
3.10 Somewhere On Leave Wartime comedy. (1942, b/w, U, 96min) ★
5.00 Four Star Theatre 17/38. (S3)
5.30 to 6.00 AM Richard Diamond

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
7.00	LIVE WTA Tennis Coverage of day three of the WTA Abu Dhabi Open, a hard-court tournament at Zayed Sports City International Tennis Centre in Abu Dhabi.
9.00	LIVE WTA & ATP Tennis Coverage from the WTA and ATP Tours, featuring the WTA Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.
1.00	PM Good Morning Football
3.00	LIVE SA20 Coverage of the eliminator match in the T20 cricket competition in South Africa, as the third and fourth-placed teams face each other at SuperSport Park, Centurion.
7.00	LIVE EFL Cup Newcastle United v Arsenal. Coverage of the semi-final second-leg match from St James' Park, where the hosts begin with a 2-0 lead from the first leg. Kick-off is at 8.00pm.
11.00	Sky Sports News
1.00	AM LIVE ATP Tennis Coverage of the third day of the ATP Dallas Open, a hard-court tournament staged at Stylinger/Altec Tennis Complex in Dallas, Texas.
5.00	to 6.00 AM Sky Sports News

TNT Sports 1

410 870 527 408 430

6.30

AM UEFA Champions League

7.00

UEFA Europa League & Conference League Magazine

8.00

Premier League Review

9.00

Test Cricket Highlights

11.00

Serie A Action from Italy.

1.00

PM Premier League

3.30

Premier League Stories

4.00

Premier League

5.30

Premier League Reload

5.45

Champions League Goals

6.00

TNT Sports Reload

6.30

Serie A – Full Impact

7.00

Ultimate Pool Recent action.

8.30

Champions League Magazine

9.00

UEFA Europa League & Conference League Magazine

10.00

UFC Countdown

11.00

Fight Week Preview of UFC 312.

11.30

Premier League Netbusters

12.00

M/T A-League Highlights

12.30

AM A-League Women

1.00

LIVE NBA Oklahoma City Thunder v Phoenix Suns. The Western Conference match from Paycom Centre. Tip-off 1.00am.

3.30

Isuzu A-League Highlights

4.00

to 6.00 AM **LIVE Isuzu UTE A-League Wellington Phoenix v Brisbane Roar.** Coverage from Sky Stadium. Kick-off 4.00am.

TNT Sports 4

421 **876** **530** **411** **434**

6.00 AM **MLB Classic** Archive action

11.45 **Peter Crouch Meets**

12.00 **NOON NBA Classic**

1.00 PM **NBA** Two match replays.

4.00 **NBA Classic** From 2011/12.

5.00 **NBA Originals**

5.30 **NBA** Two match replays.

8.30 **Isuzu A-League Highlights**

9.00 **TNT Sports Reload**

9.30 **NBA** A chance to see Cleveland Cavaliers v Boston Celtics.

11.00 A replay of Los Angeles Clippers v Los Angeles Lakers.

12.30 AM **Ultimate Pool**

2.00 **Fishing: On the Bank**

3.00 **Classic Premier League**

3.30 **UEFA Champions League**
– Stories of the Finals

4.00 **Andrew Mensah's**
Stand Up Kickabout

5.00 **UEFA Champions League**
Goals Reload Recent action.

5.15 **UEFA Europa League Goals**
Reload The pick of the goals.

5.30 to **6.00** AM **Vendee Globe**

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Highlights
8.30	SNF Wolves v Aston Villa.
9.00	Premier League Highlights
10.00	The Football Show
12.00	NOON Gary Neville's Soccerbox
1.00	PM MNF Hits Recent action.
1.30	Premier League Highlights
3.00	MNF Hits Chelsea v West Ham.
3.30	Premier League Highlights Manchester Utd v Crystal Palace.
4.00	Bournemouth v Liverpool.
4.30	SNF Wolves v Aston Villa.
5.00	Best PL Goals 1997/98
6.00	PL 100: David Seaman
6.30	Premier League 100 Club
7.00	Premier League Stories
7.30	Premier League 100: David James The goalkeeper's career.
8.00	Premier League Review
9.00	Premier League Stories
9.30	Premier League 100: Dion Dublin The ex-striker's career.
10.00	Premier League Icons
11.00	Premier League Years
1.00	AM PL Retro A replay of Arsenal v Leeds United from 2003.
3.00	PL Greatest Games
4.00	Best PL Goals 2000/01
5.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411 **871** **528** **409** **431**

6.00 AM T20 Cricket Highlights
Action from the five-match series between India and England from Eden Gardens in Kolkata.

11.00 Women's Ashes A look back at Australia v England in the Test.

1.00 PM T20 Super Smash
Action from the Grand Final.

2.00 Test Cricket Highlights
A look back at Sri Lanka v Australia in the first Test of the series.

4.00 T20 Cricket Highlights
Action from the five-match series between India and England.

9.00 T20 Super Smash
Action from the Grand Final.

10.00 Women's T20 Super Smash
Action from the Grand Final.

11.00 Serie A AC Milan v Inter Milan.
12.00 M/T AS Roma v Napoli.

1.00 AM Serie A - Full Impact

1.30 SailGP - Racing on the Edge

2.00 TNT Sports Cricket Reload

2.15 Test Cricket Highlights A look back at Sri Lanka v Australia in the first Test of the series.

4.15 to 6.00 AM LIVE Test Cricket Sri Lanka v Australia. Coverage of the first day of the second and final Test in the series from Galle International Stadium.

Eurosport 1

413 **870** **521** **412** **435**

6.00 AM **Ski Jumping** From Willingen.

8.00 **Snooker: Welsh Open**

10.00 **Australian Open Tennis**

1.00 PM **Alpine Skiing**

2.00 **Ski Jumping** From Willingen.

5.00 **Alpine Skiing** In Saalbach.

6.00 **Show Jumping** The World Cup meeting from Thermal, California.

7.00 **Ski Jumping** The women's individual HS147 from Willingen.

8.00 **Winter World University Games Review** Action from the multi-sports event in Turin.

8.30 **SailGP - Racing on the Edge**

9.00 **Snooker: Welsh Open** Action from the final between Gary Wilson and Martin O'Donnell.

11.00 **Cyclo-Cross** Action from the sixth round of the Exact Cross season in Maldegem, Belgium.

12.00 M/T **Cycling: Tour of Valencia**

1.00 AM **Cycling: Challenge Mallorca**

2.00 **Ski Jumping** From Germany.

4.00 **Cycling: Tour of Valencia**

5.00 to **6.00** AM **Cyclo-Cross**

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL The 2013/14 play-offs.
9.00	EFL Greatest Games
10.00	EFL Cup Retro The 2014 final.
12.00	NOON WSL Action from Manchester City v Arsenal.
12.30	PM Bundesliga Highlights Show
1.30	Scottish Premiership Round-Up
1.45	SPFL Highlights
2.00	EFL Highlights
3.00	Bundesliga Highlights Show
4.00	EFL Highlights
4.30	WSL Tottenham v Man United.
5.00	Scottish Premiership Round-Up
5.15	SPFL Highlights
5.30	EFL Highlights
6.00	EFL Cup Highlights
7.00	LIVE EFL Cup Newcastle United v Arsenal. Coverage of the semi-final second-leg from St James' Park. Kick-off 8.00pm.
11.00	EFL Cup Highlights
11.30	EFL Highlights
12.00	M/T EFL Cup Highlights
12.30	AM EFL Greatest Games
1.00	EFL Cup Retro The 2015 final.
3.00	EFL Trophy The 2021/22 final.
3.30	EFL Greatest Games
4.00	Championship Season Review
5.00	EFL Rivalries Second City Derby.
5.30	to 6.00 AM Jimmy Glass: The Great Escape

TNT Sports 3

417

874

529

410

432

6.00

AM Fishing: On the Bank

7.00

Isuzu UTE A-League

12.00

NOON Ninja A-League Women Highlights

12.30

PM Allianz Premiership Women's Rugby

1.30

Premiership Rugby Cup

2.30

Isuzu A-League Highlights

3.00

Champions League Magazine

3.30

UEFA Europa League & Conference League Magazine

4.30

Ninja A-League Women Hits

5.00

SailGP - Racing on the Edge

5.30

Vendee Globe Highlights

6.00

Fishing: On the Bank

7.00

Premiership Rugby Cup

8.00

Premiership Women's Rugby

9.00

Women's Ashes A look back at Australia v England in the Test.

11.00

TNT Sports Reload

11.30

UFC Main Event: Jones v Belfort Action from UFC 152.

12.30

AM UFC Main Event: Miocic v Cormier 2 Action from UFC 241.

1.30

UFC Main Event: Masvidal v Diaz Highlights from UFC 244.

2.30

UFC Main Event: Cejudo v Moraes A look back at UFC 238.

3.30

Fight Week Preview of UFC 312.

4.00

UFC Countdown

5.00

Serie A - Full Impact

5.30

to 6.00 AM TNT Sports Reload

Eurosport 2

414 871

522 413 436

6.00

AM Snooker: UK Championship

8.00

Australian Open Tennis

9.00

Alpine Skiing From Saalbach.

10.00

Spirit of Yachting

10.30

Cycling: Strade Bianche

10.40

Cyclo-Cross From Lievin, France

12.40

PM **LIVE Cyclo-Cross** The Exact Cross meeting in Maldegem

1.45

Cycling: Tour of Flanders

1.55

LIVE Cyclo-Cross The men's Exact Cross race from Belgium.

3.05

LIVE Cycling: Tour of Valencia Coverage of stage one

4.00

Cape to Cape 2024

5.00

Snooker: Scottish Open

7.00

Cyclo-Cross From Belgium.

8.00

Cycling: Tour of Valencia

9.00

Discovery Golf Interviews.

9.30

Australian Open Tennis

11.00

Cycling: Tour of Valencia

12.00

M/T Alpine Skiing

1.00

AM Ski Jumping From Willingen

2.00

Cycling: Tour of Valencia

3.00

Cyclo-Cross From Belgium.

4.00

to 6.00 AM Ski Jumping

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Action from 2024.
7.00	ICC Men's T20 World Cup
9.00	ICC Champions Trophy Cricket
10.00	SA20 Recent highlights.
11.00	WPL Royal Challengers Bangalore v Delhi Capitals.
12.00	NOON SA20 Recent highlights.
1.00	PM ICC U19 Women's World T20 The final in Malaysia.
1.30	Women's ICC World T20 Cricket South Africa v New Zealand in the final at Dubai International Cricket Stadium.
2.00	SA20 Recent highlights.
3.00	LIVE SA20 Coverage of the eliminator match in the T20 cricket competition in South Africa, as the third and fourth-placed teams face each other at SuperSport Park, Centurion.
7.30	ICC Women's World Cup 2017 England v India in the final.
7.45	Blue for Bob A Bob Willis tribute.
8.00	ICC Men's T20 World Cup
9.00	SA20 Recent highlights.
11.00	WPL Highlights from Mumbai Indians v UP Warriorz in 2024.
12.00	M/T ICC Men's T20 World Cup
1.00	AM SA20 The eliminator match.
5.30	to 6.00 AM The Best of the Big Bash League

Sky Sports	NFL
408 517 507 426 446	
6.00	AM Super Bowl LIV Highlights
8.00	NFL: America's Game
9.00	NFL Highlights
10.00	Super Bowl LVII Highlights
12.00	NOON Super Bowl LV Bitesize
12.15	PM Super Bowl LVI Bitesize
12.30	Super Bowl LVII Bitesize
12.45	Super Bowl LVIII Bitesize San Francisco 49ers v Kansas City Chiefs from the 2023/24 season.
1.00	Good Morning Football
3.00	NFL Bitesize Highlights
4.00	NFL Highlights Philadelphia Eagles v Washington Commanders in the NFC Championship match.
5.00	NFL Bitesize Highlights
6.00	Super Bowl LIV Highlights Kansas City Chiefs v San Francisco 49ers from the 2019/20 season.
8.00	NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
10.00	Super Bowl Live A second round of interviews with people involved in the showcase match.
12.00	M/T The Insiders The latest news.
1.00	AM NFL Highlights Buffalo Bills v Baltimore Ravens.
2.00	Super Bowl LVII Highlights
4.00	to 6.00 AM NFL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
9.00	LIVE WTA & ATP Tennis Coverage from the WTA and ATP Tours, featuring the WTA Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.
7.35	PM LIVE EFL Coverage of an English Football League fixture.
9.45	LIVE ATP Tennis Coverage of day three of the ATP Rotterdam Open at Rotterdam Ahoy in the Netherlands and the ATP Dallas Open staged at Stylinger/Altec Tennis Complex in Dallas, Texas.
10.30	Back Pages Tonight
11.00	Sky Sports News Round-up of the sports news with live analysis, comment and extended interviews.
1.30	AM LIVE ATP Tennis Further coverage of day three of the ATP Dallas Open, a hard-court tournament at Stylinger/Altec Tennis Complex in Dallas, Texas.
3.30	to 6.00 AM Sky Sports News

Sky Sports	Golf
405 515 505 423 443	
6.00	AM LPGA Tour Golf
11.00	LIVE Golf Coverage of the first day of the African Amateur Championship from Leopard Creek in Malalane, South Africa.
2.00	PM TGL Action from Florida.
4.00	LPGA Tour Golf
6.00	Asian Tour Golf
7.00	TGL Boston Common v Los Angeles at Palm Beach Gardens.
9.00	PGA Tour: The Cut
9.30	HotelPlanner Tour Golf Highlights The MyGolfLife Open.
10.00	Golf's Greatest Holes
10.30	LPGA Tour Golf Highlights from the Hilton Grand Vacations Tournament of Champions.
12.30	AM PGA Tour: The Cut
1.00	Uncommon: Building a Boston Sports Team
1.30	Golf's Greatest Holes
2.00	to 6.00 AM PGA Tour Golf

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM WTA Tennis Linz Open final.
7.00	LIVE WTA Tennis The third day of the WTA Abu Dhabi Open.
9.00	LIVE WTA & ATP Tennis Coverage includes the WTA Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.
8.00	PM LIVE ATP Tennis The Rotterdam Open and Dallas Open.
10.30	LIVE ATP Tennis Coverage of day three of the ATP Dallas Open.
12.00	M/T WTA Sizzle Reel 2024
12.15	AM ATP 2024 Best of Jack Draper Highlights.
12.30	Bitesize Tennis Recent action.
1.00	LIVE ATP Tennis The third day of the ATP Dallas Open in Texas.
5.00	Bitesize Tennis Madrid Open.
5.15	Frances Tiafoe Podcast 2024
5.30	WTA Sizzle Reel 2024
5.45	to 6.00 AM ATP 2024 Best of Jack Draper

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Super League Highlights
7.00	Tennis ATP and WTA highlights.
9.00	ICC Men's T20 World Cup
10.00	SA20 Recent highlights.
11.00	LIVE Golf Coverage of the first day of the African Amateur Championship staged at Leopard Creek in Malalane, South Africa.
2.00	PM PGA Tour Golf
3.00	DP World Tour Golf
3.30	SA20 Recent highlights.
4.30	ICC U19 Women's World T20
5.00	Super League Highlights
6.00	Fight Night International
8.00	ATP Tennis Highlights of the ATP Montpellier Open in France.
9.00	SA20 The first qualifier in the T20 competition in South Africa.
10.00	PDC Classics Archive action.
12.00	M/T Formula 1 Qatar Grand Prix.
1.00	AM SA20 Recent highlights.
3.00	Super League Highlights
4.00	DP World Tour Golf
4.30	PGA Tour Golf
5.30	to 6.00 AM PGA Tour: The Cut

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 From Qatar.
2.00	PM Ted's Notebook
2.30	F1 & the Silver Bullet
2.45	Formula 1 Another chance to see the 2024 Qatar Grand Prix.
7.35	Ted's Notebook
8.10	Russell's 'Blind Lap': Interlagos
8.15	Ayao Komatsu & Coventry City
8.30	Formula 1 Another chance to see the 2024 Qatar Grand Prix.
10.45	72 Hours with Jack Doohan
11.00	Formula 1 Highlights from the 2024 Qatar Grand Prix.
12.00	M/T to 6.00 AM The Home of F1

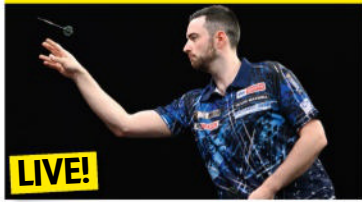
Thursday

6 February

Evening Planner

Thursday

Darts



LIVE!

Premier League

Sky Sports+, 7pm

Coverage of the opening night in Belfast. Luke Littler triumphed last year, beating Luke Humphries (above) in the final.

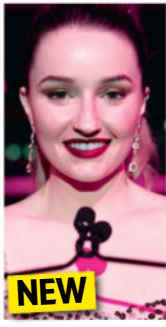
OnDemand

NETFLIX

Apple Cider Vinegar

Available today

Kaitlyn Dever stars in this drama inspired by the story of disgraced Aussie influencer Belle Gibson.



NEW

OnDemand

itvX

G'Wed

Available today

Late drag star The Vivienne (pictured) guest stars as a nightclub owner at the start of this series. Also on ITV2 at 10.05pm.



NEW

OnDemand

Paramount+

Accused

Available today

US crime anthology based on Jimmy McGovern's BBC series. The first episode stars Felicity Huffman.



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

ENTERTAINMENT

DOCUMENTARY

FILMS - Sky Cinema

SPORT

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den	9.00 The Apprentice	10.00 News; Local News
102 BBC2	7.00 Celebrity Antiques Road Trip	8.00 Great British Menu	9.00 Miriam Margolyes: Australia Unmasked	10.00 Apprentice...	10.30 Newsnight
103 ITV1	7.00 Emmerdale	7.30 EFL Cup - Live: Liverpool v Tottenham Hotspur (Kick-off 8.00)			10.20 News; Local News
104 CHANNEL 4	7.00 News	8.00 The Dog House	9.00 Can Elon Musk Rule the World?	10.00 24 Hours in A&E	
105 CHANNEL 5	7.00 M&S: How They Got Back on Top	8.00 Menorca: Jewel of the Med	9.00 The Vanishings		
106 SKY SHOWCASE	7.00 The Simpsons	8.00 Rob & Romesh vs the NFL	9.00 A League of Their Own	10.00 Film: Safe	
115 BBC3	7.00 Top Gear	8.00 Celebrity Race Across the World	9.00 Film: P.S. I Love You		
116 BBC4	7.00 The Architecture the... 7.40 Jack Lemmon: Talking... 8.20 Film: Some Like It Hot			10.20 Film: Belfast	
118 ITV2	7.00 Family Fortunes: Celebrity Christmas...	8.00 Gordon Ramsay's Food Stars USA	9.00 Love Island: All Stars	10.05 G'wed	10.40 Family...
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs		10.00 Outrageous Homes	
135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons	9.00 Celebrity Gogglebox	10.00 Gogglebox
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI	9.00 FBI: International	10.00 The Good Doctor	
108 SKY ATLANTIC	6.45 Billions	7.55 Game of Thrones	9.00 The White Lotus	10.15 The Time Traveler's Wife	
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder II	10.00 The Office
111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games	9.00 QI XL		10.40 Good...
119 ITV3	6.55 Heartbeat	8.00 Vera			10.00 Endeavour
120 ITV4	7.00 The Motorbike Show	8.00 Junk and Disorderly	9.00 Film: Pitch Black	10.05 Film: Pitch Black	
112 COMEDY CENTRAL	7.00 Friends		9.00 Film: As Good As It Gets		
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1	8.00 Rob & Romesh vs the NFL	9.00 A League of Their Own	10.00 Rob Beckett's Smart TV	
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Murdoch Mysteries	10.00 Far North	
130 SKY ARTS	7.00 Landscape Artist of the Year	8.00 Discovering: Sean Penn	9.00 Classic Movies: The Story of The Deer...	10.00 Film: The Deer Hunter	
132 U&W	7.00 Property Brothers: Family Flashback	8.00 Inside the Ambulance	9.00 Who is Ghislaine Maxwell?	10.00 The Menendez Murders: Erik Tells All	
125 DISCOVERY	7.00 Salvage Hunters	8.00 Bitchin' Rides	9.00 Marooned with Ed Stafford	10.00 Impossible Builds	
162 ANIMAL PLANET	7.00 Dodo Heroes	8.00 Project Grizzly		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation	8.00 Colossal Machines	9.00 Mysterious Islands	10.00 Lawless Island	
123 SKY HISTORY	7.00 Forged in Fire	8.00 Claw Hunters	9.00 Mountain Men	10.00 Gangland Chronicles	
155 U&YESTERDAY	7.00 Guy's Garage	8.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
121 SKY DOCS	7.00 Super/Man: The Christopher Reeve Story		9.00 An Update On Our Family	10.00 Gary	
301 PREMIERE	5.45 The Killer	8.00 Furiosa: A Mad Max Saga		10.35 I Saw the...	
302 VALENTINE	6.10 About Last Night	8.00 Mamma Mia!		10.00 Scott Pilgrim vs. the World	
303 HITS	6.00 Superbad	8.00 Anyone But You		10.00 Horrible Bosses	
304 GREATS	6.05 The Sugarland Express	8.00 Schindler's List			
305 ANIMATION	7.15 Sing		9.10 Lego DC Comics Super Heroes: The Flash	10.35 Maya the...	
306 FAMILY	7.20 Batteries Not Included		9.20 Mee-Shee: The Water Giant		
307 STUNTS	5.40 The Bourne Legacy	8.00 Jack Reacher: Never Go Back		10.05 Crank	
308 COMEDY	6.20 Sausage Party	8.00 Big Daddy		9.45 Friends with Benefits	
309 THRILLER	5.55 Promising Young Woman	8.00 Miami Vice		10.20 Desperation Road	
310 DRAMA	4.55 Meet Joe Black	8.00 Dear John		10.00 Mother!	
311 SCI-FI	6.10 After Earth	8.00 The Nun II		9.55 Night Swim	
313 FILM4	7.05 My Spy		9.00 Venom: Let There Be Carnage		
401 MAIN EVENT	7.00 EFL Cup - Live: Liverpool v Tottenham Hotspur (Kick-off 8.00)				
402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox	9.00 Big Interview	9.30 PL Stories
403 FOOTBALL	7.00 EFL Cup - Live: Liverpool v Tottenham Hotspur (Kick-off 8.00)			10.00 PL Icons	
404 CRICKET	3.00 SA20 - Live	7.30 The Best of...	8.00 ICC Men's T20 World Cup	9.00 SA20	
410 TNT SPORTS 1	7.00 PL Netbusters	7.30 PL Stories	8.00 Serie A - Full...	8.30 Reload	9.00 Test Cricket Highlights
411 TNT SPORTS 2	7.15 Brothers in Football			9.00 Crouchy and...	9.30 Fight Week
				10.00 UFC Countdown	

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer **New edition** From Kent. (S)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition** A man has an idea to make bath times more bubbly (S)(AD)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country (S)(R)
3.45 The Travelling Auctioneers (S)(R)
4.30 The Repair Shop on the Road **New edition** Artwork on the walls of Nairn Museum. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



8.00 Dragons' Den

- 7.00** The One Show
Alex Jones and Roman Kemp present the topical show. (S)
7.30 EastEnders
Martin and Stacey take a trip down memory lane, while Denise tries to make sense of what is happening. (S)(AD)

- 8.00** Dragons' Den **New edition** 5/14. Another batch of entrepreneurs pitch their money-making ideas to self-made millionaires Peter Jones, Deborah Meaden, Touker Suleyman, Sara Davies and Steven Bartlett. (S)(AD)

- 9.00** The Apprentice **New edition** 2/12. Lord Sugar tasks the candidates to create a new virtual pop star and music video before pitching for sponsorship. (S)(AD)
■ The Apprentice: You're Fired follows on BBC2

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Question Time
Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Glasgow to answer questions from an invited audience on subjects that have made the headlines in the past week. (S)
11.40 Newscast A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM Weather for the Week Ahead Seven-day forecast. (S)
12.15 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Escape to the Country (S)(R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Monty Don's British Gardens From London. (S)(R)(AD)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 Thailand: Earth's Tropical Paradise 3/3. Northern Thailand. (S)(R)(AD)
4.15 World's Weirdest Events (S)(R)
5.15 Flog It! From Culzean Castle. (S)(R)
6.00 Richard Osman's House of Games **New edition** Karen Hauer, Storm Huntley, Joe Marler and Tom Read Wilson take part. (S)
6.30 Alison Hammond's Florida Unpacked **New edition** 9/15. Alison and Aidan hit the sea for a fishing course in Florida. (S)(AD)



10.00 The Apprentice: You're Fired

- 7.00** Celebrity Antiques Road Trip
Singer Kimberly Wyatt and actor Ryan Thomas head out on a search to find profitable antiques, with help from experts Natasha Raskin-Sharp and Serhat Ahmet. (S)(R)

- 8.00** Great British Menu **New edition** The two highest scoring chefs from south-west England cook their six-course menus again, and professor Tracy Daszkiewicz helps decide a winner. Andi Oliver hosts. (S)

- 9.00** Miriam Margolyes: Australia Unmasked 2/3. Miriam explores how class and money impacts the Fair Go, and meets Australians from a variety of backgrounds that challenge her perception of the social hierarchy. (S)(R)(AD)

- 10.00** The Apprentice: You're Fired **New edition** 2/11. Tom Allen meets the latest candidate to be fired by Lord Sugar. (S)
10.30 Newsnight (S)

- 11.00** Weather (S)
11.05 Uncanny 1/4. Investigating real-life stories of seemingly paranormal encounters. (S)(R)(AD)
12.05 AM Uncanny: Post Mortem A deeper dive into the haunting of Hollymount Farm. (S)(R)(AD)
12.35 Sign Zone: Great British Menu The three remaining chefs from the north-west of England prepare their mains and desserts. (S)(R)
1.35 Sign Zone: Gladiators (S)(R)(AD)
2.35 to **6.30** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women Topical debate from a female perspective. (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson and dealers Henry Nicholls, Stewart Hofgartner, Tim Hogarth and Mark Stevens assess antiques in Burton. (S)(R)(AD)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Wendy takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



4.00 Deal or No Deal

- 7.00** Emmerdale
Charity panics, Jacob's suspicions are piqued, while Ross feels frustrated. (S)(AD)
7.30 **LIVE** Football: EFL Cup Liverpool v Tottenham Hotspur: Mark Pougatch presents coverage of the second leg of the semi-final from Anfield. Liverpool manager Arne Slot has enjoyed an excellent first campaign in charge so far, leading the way in the Premier League for much of the season and qualifying for the last 16 of the Champions League with ease, but they lost the first leg of this contest 1-0 at the Tottenham Hotspur Stadium, with Lucas Bergvall scoring the only goal. With analysis from Les Ferdinand and Robbie Fowler. Kick-off is at 8.00. (S)

- 10.20** ITV News (S)
10.50 Local News (S)

- 11.05** It's Clarkson on TV The secret system used by lazy producers to invent atrocious TV shows. (S)(R)
11.45 Sorry, I Didn't Know Nina Wadia, DJ Target and Eddie Nestor join team leaders Chizzy Akudolu and Stephen K Amos and host Jimmy Akingbola. (S)(R)
12.10 AM Teleshopping
3.00 Lingo Quiz show. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **804** **108** **4** **104** **104/106**
- 6.25** AM Cheers 12-14/28. (S11) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 8-11/24. (S4) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Florida. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** In Bulgaria, Colin faces a difficult decision. (S)
5.00 Four in a Bed **New edition** The final visit is to No64 At The Joiners in West Malling, Kent. (S)
5.30 Come Dine with Me **New edition** Catering manager Garry hosts the fourth night in Glasgow. (S)
6.00 A Place in the Sun **New edition** A man searches for a property on the Greek island of Kefalonia. (S)



8.00 The Dog House

- 7.00** News (S)
8.00 The Dog House **New edition** Parents Kirsty and Oliver think maybe a dog can wear out two-year-old toddler Stanley, while Coco the dachshund has to overcome some first-date nerves as she meets 25-year-old Liv. (S)(AD)
9.00 **NEW** Can Elon Musk Rule the World? With the world anticipating what the second Trump presidency holds, Matt Frei assesses what the self-professed 'first buddy' may have planned for the US and the wider world. (S)(AD)

- 10.00** 24 Hours in A&E
Following the stories of three patients who have adapted to the challenges thrown their way, including 27-year-old Josh, who was rushed to A&E after being thrown from his motorbike at speed. (S)(R)(AD)

- 11.05** 24 Hours in A&E A collection of memorable stories from St George's Hospital. (S)(R)(AD)
12.10 AM Manhunt Police hunt for three suspects after a stabbing in Manchester. (S)(SL)(R)(AD)
1.05 Brian and Maggie (S)(SL)(R)(AD)
2.55 Go Back to Where You Came From (S)(SL)(R)(AD)
3.50 Jamie's Comfort Food (S)(R)
4.05 Frasier 2-5/24. (S2) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour **204/208** **304** **15** **121**

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S9) (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM PREMIERE Lies and Ex-Wives: Secrets on Maple Street Thriller with Ali Liebert. (S) (2024, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun **New edition** Restaurant manager Anabel plans a special event in her Manilva chippy. (S)
5.00 News (S)
6.00 Our Great Yorkshire Life Rob and Dave Nicholson visit the world's oldest sweet shop on a quest to find out more about Yorkshire Mixture. (S)(R)
6.55 News (S)



9.00 The Vanishings

- 7.00 M&S: How They Got Back on Top** Documentary exploring the story behind how Marks & Spencer's returned to fashion relevance. (S)(R)
7.55 News (S)

- 8.00 Menorca: Jewel of the Med** **Series finale** 5/5. A look at Menorca's food, art and architectural restorations, including a trip to the north, where some of the best seafood can be found. (S)
9.00 NEW SERIES The Vanishings *The Vanishing Triangle*: 1/5. Drama starring India Mullen. When reporter Lisa Wallace writes an article on her mother's murder, the killer resurfaces, hinting at a kidnapping. With Allen Leech and Laoise Sweeney. (S1) (S)
10.55 Murder: Suspect No 1 Following one of Britain's top homicide teams at work on a series of violent murder investigations, beginning with an axe attack on a woman in broad daylight. (S)(R)

- 12.30 AM Car Pound Cops** In Surrey, a quad-bike rider is flagged down for a lack of number plates on his vehicle. (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Mrs Thatcher vs the Miners (R)
4.15 House Doctor (S)(SL)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Orangutan Jungle School (R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 10/15. (S5) (S)(R)
5.00 The Simpsons Bart's in Jail! When Grampa falls victim to a phone scam, the family set out to get his money back. (S)(R)
5.30 Clan of the Cave Mom: Marge and Luann Van Houten have a disagreement. (S)(R)
6.00 The Office (US) 13/26. Michael nervously waits to see whether Holly has got engaged. (S)(R)
6.30 14/26. Andy hosts a business seminar. (S7) (S)(R)



9.00 A League of Their Own

- 7.00 The Simpsons** *The Wayz We Were:* Moe is faced with a difficult choice when Evergreen Terrace develops a traffic issue. (S)(R)
7.30 Lisa's Belly: Lisa and Bart contract a infection that causes weight gain. (S)(R)

- 8.00 Rob & Romesh vs the NFL** Rob Beckett and Romesh Ranganathan meet and train with American football players, then get kitted up for a match in front of 80,000 people. (S)(R)(AD)

- 9.00 A League of Their Own** **New edition** 5/8. Footballer Ollie Watkins, who gave England fans the moment of last summer, joins captains Jamie Redknapp and Jill Scott alongside comedians Kevin Bridges and Maisie Adam.

- 10.00 FILM Safe** Action thriller starring Jason Statham. A suicidal ex-cop strives to save a 10-year-old Chinese maths prodigy from both the Russian Mafia and the Chinese Triads. (S) (2012, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 12.00 MT Veep** 3/10. Selina accidentally tweets a private message from the White House's official Twitter account. (S)(R)
12.40 AM 4/10. Selina's mother suffers a stroke. (S5) (S)(R)
1.15 The Force: North East (S)(R)
2.15 Road Wars (R)
3.10 NCIS: New Orleans (S7) (S)(R)
4.05 MacGyver 10/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
11.15am Bargain Hunt (S) (R)(AD)
12.00noon-1.00pm First Minister's Questions (S) **12.10** Scotcast (S)(R) **12.40** Weather for the Week Ahead (S) **12.45-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
10.40pm The View (S)
11.20 Question Time (S)
12.20am Newscast (S)
12.50-6.00am BBC News (S)

WALES

Sky 965, Virgin 864, Freesat 965
 No variations

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES

Sky 968, Freesat 968
7.00pm Scrum V: The Warm Up (S) **7.30-8.00pm** The Hairy Bikers' Bakeathon (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Ceffyllau Cymru **1.30** Gwladfa: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Fets (AD) **6.30** Y Ci Perffaith **6.57** Newyddion **7.00** Heno **New edition** **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **New episode** (AD) **8.25** Rownd a Rownd **New episode** (AD) **8.55** Newyddion a'r Tywydd **9.00** Jonathan **New edition** **10.00** Priodas Pum Mil **11.00-11.30pm** Y Ty Gwyrdd (AD)

TV&Satellite
 week
Best for Sky and Virgin

BBC3

115/117/121 107/113 23 107 107
 BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Matt LeBlanc test drives the Aston Martin V8 Vantage.
7.55 The Catch Up
8.00 Celebrity Race Across the World 5/6. The teams head to the 10,000-year-old mountain town of Tilcara.
9.00 FILM P.S. I Love You Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. A widow begins receiving letters from her recently deceased husband to help her cope with her grief. (2007, 12, 121min) ★★
11.00 Back to Life 5&6/6. (S2)
12.00 MT Boarders 2/6. (S2)
12.45 AM Life and Death Row
1.35 Body on the Beach: What Happened to Annie? 2/4. Documentary.
2.05 Squad Goals: Dorking 'Til I Die Documentary.
2.35 My Mate's a Bad Date
2.55 to 3.55 AM Body on the Beach: What Happened to Annie?

MORE4

- 136/137 831 147 18 124
8.55 AM Kirstie's Handmade Treasures Kirstie Allsopp enters the single-cake class at the Devon County Show.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S.
2.05 Four in a Bed
4.50 Chateau DIY
5.50 Car S.O.S Tim Shaw and Fuzz Townshend restore a Japanese super saloon. **6.55** Tim and Fuzz pick up a Ferguson TE20 tractor.
7.55 Grand Designs Kevin McCloud meets entrepreneur Paul Wilkinson and his wife Amy, who are building a giant new home on a 16-acre plot in Lincolnshire.
9.00 Furniture-maker Lucinda sets out to build a two-storey, highly-insulated home entirely out of wood near her old family home in South Herefordshire.
10.00 Outrageous Homes Laurence Llewelyn-Bowen meets a couple whose home is a gothic fantasy.
11.05 Car S.O.S Fuzz and Tim take on their first Honda.
12.05 AM Emergency Helicopter Medics A skydiver suffers serious injuries after smashing into a house.
1.10 Rescue: Extreme Medics
2.15 24 Hours in A&E
3.20 to 3.50 AM Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108
 BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture the Railways Built** Tim Dunn visits London's King's Cross.
7.40 Jack Lemmon: Talking Pictures The television appearances made over the years by the actor.
8.20 FILM Some Like It Hot Billy Wilder's comedy with Tony Curtis, Jack Lemmon and Marilyn Monroe. Two musicians go on the run from gangsters and find work disguised as women in an all-girl jazz band. (1959, b/w, U, 122min) ★★★★★
10.20 FILM Belfast Kenneth Branagh's drama with Jamie Dornan and Jude Hill. A boy and his working-class family experience the tumultuous late 1960s in Belfast. (2021, 12, 98min) ★★★★★
11.50 Kenneth Branagh: This Cultural Life
12.20 AM Storyville: Black Box Diaries Documentary.
1.50 Jack Lemmon: Talking Pictures
2.30 to 3.30 AM Archaeology: A Secret History

E4

- 135/136 830 106 13 122
6.00 AM Modern Family
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons Double bill.
7.30 Modern Family 15/18. Claire lands an interview for her dream job. (S11)
8.00 The Simpsons Blazed and Confused: The family attend a community festival.
8.30 Covercraft: Homer forms a band with some of the other dads in Springfield.
9.00 Celebrity Gogglebox Famous faces appraise *Cooking with the Stars* and *Too Hot to Handle*.
10.00 Gogglebox Opinions on *Mamma Mia! I Have a Dream* and *Planet Earth III*.
11.05 First Dates
12.05 AM Rick and Morty
12.40 NEW SERIES Common Side Effects Animation.
1.10 Naked Attraction
2.10 Gogglebox
3.10 Teen First Dates
4.05 Modern Family
4.55 Brooklyn Nine-Nine
5.20 to 6.00 AM The Goldbergs

+1 hour 235/236 306 30 123

Thursday

primetime

primetime



Twitter.com/TVSatelliteWeek

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

TV&Satellite Week 87

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

- 6.00 AM **The Force: Manchester**
 7.00 **Motorway Patrol**
 8.00 **Border Patrol**
 9.00 **Border Security USA**
 10.00 **Border Security: Canada's Front Line** Double bill.
 11.00 **The Good Doctor** 1/18. (S1)
 12.00 **NOON FBI** 3/13. (S6)
 1.00 **PM FBI: International** (S3)
 2.00 **FBI: Most Wanted** 3/13. The Task Force look into the murder of a woman whose face is used for an AI bot. (S5)
 3.00 **Stop, Search, Seize**
 4.00 **Nothing to Declare**



10.00 **The Good Doctor**

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Fish Town** Double bill.
 8.00 **The Sopranos** 13& 14/21. (S6)
 10.00 **Billions** 11& 12/12. (S4)
 12.15 PM **Game of Thrones** (S3)
 1.20 **Big Love** 9& 10/12. (S1)
 3.25 **The Sopranos** 13/21. Tony celebrates his birthday at the lake house.
 4.30 14/21. Johnny Sack deals with devastating news. (S6)
 5.35 **Billions** 11/12. Wendy weighs her options and Senior makes a shocking discovery.
 6.45 12/12. Connerty gets closer to the truth. (S4)



9.00 **The White Lotus**

Sky Max

113/114 813 111 346 351

- 6.00 AM **S.W.A.T.** 4&5/22. (S6)
 8.00 **The Flash** 1/18. (S7)
 9.00 **Stargate SG-1** 7&8/22. (S1)
 11.00 **Manifest** 5/13. (S3)
 12.00 **NOON The Flash** 2/18. (S7)
 1.00 PM **S.W.A.T.** 6&7/22. (S6)
 3.00 **NCIS: New Orleans** (S7)
 4.00 **MacGyver** 10/15. (S5)
 5.00 **Manifest** 4/13. Ben and Saanvi join forces with Vance in his newest venture to understand Flight 828. (S3)
 6.00 **Stargate SG-1** 7/22. O'Neill is replaced by an alien double while on a mission. (S1)



10.00 **Rob Beckett's Smart TV**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
 9.00 **World's Funniest Videos**
 9.55 **Secret Crush** Double bill.
 12.00 **NOON Dinner Date**
 1.00 PM **Supermarket Sweep**
 2.00 **Family Fortunes: Celebrity Christmas Special**
 3.00 **Charmed** 9/22. Leo confesses to Piper. (S7)
 4.00 **Gilmore Girls** 8/22. A review lands Rory in trouble. (S4)
 5.00 **Dinner Date**
 6.00 **Celebrity Catchphrase** With Richard Arnold, Danny Miller and Rachel Stevens.

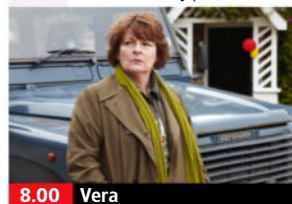


10.05 **G'Wed**

ITV3

119 117 10 115

- 6.00 AM **Classic Emmerdale**
 7.00 **Classic Coronation Street**
 8.10 **A Touch of Frost**
 10.35 **The Royal Love Is All You Need**
 11.40 **Heartbeat** Double bill.
 1.40 PM **Classic Emmerdale**
 2.40 **Classic Coronation Street**
 3.40 **A Touch of Frost Private Lives**: Jack investigates a hit-and-run incident that proves to have devastating repercussions.
 5.55 **Heartbeat Closing the Book**: An elderly patient's death prompts a series of revelations about his shady past.



8.00 **Vera**

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **FBI Phantom**: 8/13. The squad hunt the killer of a US Army employee who was shot in the middle of an industrial park. (S6)

9 PM

- 9.00 **FBI: International Don't Say Her Name Again**: 2/22. The Fly Team attempt to bring a local predator to justice. (S2)

10 PM

- 10.00 **The Good Doctor** **Breakdown**: 17/18. Shaun tries to figure out the cause of a young child's injuries. (S2)
 11.00 **The Rookie** 16/20. (S2)
 12.00 **MT Law & Order: Organized Crime** 6/8. (S1)
 1.00 AM **The Good Doctor** (S1)
 2.00 **Bull** 21/22. (S6)
 3.00 **Coroner** 3/12. (S4)
 4.00 **Highway Patrol**
 5.00 to 6.00 AM **Road Wars**

+1 hour 207 310

- 7.55 **Game of Thrones And Now His Watch Is Ended**: 4/10. Varys meets his match in Lady Olenna, and Daenerys takes charge of her army of the Unsullied. (S3)

- 9.00 **The White Lotus Abductions**: 6/7. Tanya gives Portia a warning, and Lucia helps the Di Grassos search for long-lost relatives. (S2)

- 10.15 **The Time Traveler's Wife** 5/6. Henry finally has a chance to meet Clare's family. (S1)

- 11.20 **Big Little Lies** 6/7. Bonnie contemplates a solution to her mother's suffering, while the Monterey Five feel the pressure of Perry's death. (S2)
 12.25 AM **Game of Thrones** (S3)
 1.30 **Gomorra** 11& 12/12. (S4)
 3.40 to 6.00 AM **Urban Secrets**

+1 hour 208/209

- 7.00 **Stargate SG-1 The Nox**: 8/22. Daniel is presumed dead after an alien abducts him and sends the team home. (S1)

- 8.00 **Rob & Romesh vs the NFL** Rob Beckett and Romesh Ranganathan meet and train with American football players.

- 9.00 **A League of Their Own** **New edition** Sports-based comedy quiz, with guests Ollie Watkins, Maisie Adam and Kevin Bridges.

- 10.00 **Rob Beckett's Smart TV** With Joel Dommett, Jason Fox, Nathaniel Curtis and Hermione Norris.
 10.50 **The Force: North East** A samurai sword attack.

- 11.55 **Supergirl** 20/20. (S6)
 1.00 AM **The Force: North East**
 2.00 **NEW SERIES Hacks** 1&2/10. US comedy drama starring Jean Smart. (S1)
 3.20 **NCIS: New Orleans** (S7)
 4.10 **MacGyver** 10/15. (S5)
 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Family Fortunes: Celebrity Christmas Special** With Shirley Ballas, Vogue Williams and Spencer Matthews.

- 8.00 **Gordon Ramsay's Food Stars USA** **New edition** 9/10. The remaining entrepreneurs must create and pitch new products.

- 9.00 **Love Island: All Stars** **New edition** The drama shows no signs of letting up in the nation's favourite villa and the heat is on.

- 10.05 **NEW SERIES G'wed Oh Mighty Gay One**: 1/5. Return of the teen comedy drama. (S2)
 10.40 **Family Guy** 11/20. (S19)
 11.10 **Family Guy** 14/20. Stewie ends up with multiple personalities after following conspiracy theories. (S21)
 11.40 **American Dad!** (S1&17)
 12.40 AM **Bob's Burgers** (S10)
 1.35 **Deep Fake Neighbour Wars** to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

- 6.55 **Heartbeat The Leopard's Spots**: Sergeant Dennis Merton arrives in Ashfordly and soon gets embroiled in a CID stakeout.

- 8.00 **Vera Poster Child**: Joined by a new addition to the ranks, Vera and the team investigate the murder of a respected surgeon and the abduction of his two teenage daughters. Guest stars Saskia Reeves and Dean Andrews.

- 10.00 **Endeavour Home**: The sleuth investigates a hit-and-run that claimed the life of an Oxford professor who had been at odds with his peers.

- 12.00 **MT Trial & Retribution** 1/2. DI Pat North investigates the case of a woman abducted in broad daylight, but finds her fiancé is more concerned with matters closer to home. (S2)
 2.05 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
 REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
 7.00 PM **Reporting Scotland**
 7.30 **The Entertainment Mix** **New edition** Culture and arts news, presented by Michelle McManus.
 8.00 **Highland Cops** A climber goes missing on the Isle of Skye.
 9.00 **Mrs Brown's Boys** 5/6. Dermot gets cold feet in the run-up to his wedding. (S1)
 9.30 **Two Doors Down** 5/6. Christine needs the Bairds' help in buying a baby buggy. (S2)
 10.00 **Scot Squad** 3/5. Fletcher and McLaren uncover a real criminal at a murder mystery party. (S7)
 10.30 **Limmy's Homemade Show** 1/3. Comedy sketches, written by and starring Brian Limond.
 11.00 **Scotcast** **New edition**
 11.30 PM to 12.00 MT **Growing Up Scottish**

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **Mr Mayor** (S1)
 9.00 **The Conners** (S3)
 10.00 **Silicon Valley** (S6)
 11.20 **High Maintenance** (S2)
 12.40 PM **Entourage** (S7)
 2.00 **Silicon Valley** (S6)
 3.30 **High Maintenance** (S2)
 4.50 **Mr Mayor** 7&8/10. (S1)
 5.50 **The Office (US)** (S7)
 6.50 **The Conners** (S3)
 7.50 **Ballers** 8/8. Reggie takes the big next step. (S5)
 8.30 **Mr Mayor** 1/10. (S1)
 9.00 **Romantic Getaway** 3/6. Kethan wants Deacon to carry out a job for him.
 9.30 4/6. Deacon and Allison steal a Ferrari to pay their blackmailer. (S1)
 10.00 **The Tonight Show Starring Jimmy Fallon** **New edition** Chat show.
 11.00 **In the Long Run** (S2)
 12.00 MT **Flight of the Conchords** (S1)
 1.10 AM **Veep** 3&4/10. (S5)
 2.20 **Enlightened** (S2)
 3.30 to 5.00 AM **High Maintenance**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **Pavarotti: The Duets - The Best of Pavarotti and Friends**
 7.30 **The Joy of Painting**
 9.00 **Tales of the Unexpected**
 10.00 **Hitchcock Presents**
 11.00 **Discovering**
 12.00 **NOON Portrait Artist...**
 1.00 PM **Tales of the...**
 2.00 **The Art of the Garden**
 3.00 **Discovering**
 4.00 **Classic Albums**
 5.00 **Portrait Artist 2020**
 6.00 **Tales of the Unexpected**
 7.00 **Landscape Artist of the Year** From Bristol.
 8.00 **Discovering**
 9.00 **Classic Movies: The Story of the Deer Hunter** Documentary.
 10.00 **FILM The Deer Hunter** Wartime drama. (1978, 18, 183min) ★★★★★
 1.25 AM **Rothko: Pictures Must Be Miraculous**
 2.40 **Anish Kapoor: Stupid Naughty Boy**
 3.40 **My Greatest Shot**
 4.40 to 6.00 AM **Auction**

Sky Mix

151 135 11 141

- 7.00 AM **Nothing to Declare**
 9.00 **Monkey Life**
 10.00 **Stop, Search, Seize**
 11.00 **Highway Patrol**
 12.00 **NOON Motorway Patrol**
 1.00 PM **Border Patrol**
 2.00 **Monkey Life**
 3.00 **Nothing to Declare**
 4.00 **Star Trek: The Next Generation** 24/26. (S6)
 5.00 **Stargate Atlantis** (S1)
 6.00 **Star Trek: Deep Space Nine 'Til Death Do Us Part**: 18/26. (S7)
 7.00 **Star Trek: Voyager** **Revulsion**: 5/26. (S4)
 8.00 **Hawaii Five-0** (S7)
 9.00 **Ireland's Most Evil Killers** Colin Whelan.
 10.00 **How I Caught the Killer** Double bill.
 12.00 MT **Snapped**
 1.00 AM **Nothing to Declare**
 2.00 **Brit Cops: Law & Disorder** Documentary.
 3.00 **Highway Patrol**
 4.00 **Border Patrol**
 5.00 to 6.00 AM **Highway Cops**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
 7.40 **Backyard Builds** **New edition** DIY series.
 8.10 **Olivia Meets Her Match**
 9.10 **John and Lisa's Food Trip** Down Under
 10.10 **Buying and Selling**
 11.10 **The Real Housewives of Beverly Hills**
 12.05 PM **Olivia Meets Her...**
 1.05 **The Only Way Is Essex**
 2.05 **Dinner Date**
 3.10 **Scott's Vacation House Rules** **New edition**
 4.05 **The Real Housewives of Beverly Hills**
 5.00 **The Real Housewives of New Jersey** **New edition**
 6.00 **Buying and Selling**
 7.00 **John and Lisa's Food...**
 8.00 **Dinner Date**
 9.00 **Million Pound Pawn**
 10.00 **Botched by Nature**
 11.00 **The Real Housewives of Miami** Reality series.
 11.55 **The Only Way Is Essex**
 12.55 AM **Backyard Builds**
 1.20 to 1.30 AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Diagnosis Murder**
 10.00 **Father Dowling Mysteries** 11/13. (S2)
 11.00 **Sue Thomas: F.B.Eye**
 12.00 **NOON Hart to Hart**
 2.00 PM **Father Dowling Mysteries** 3/22. (S3)
 3.00 **Diagnosis Murder**
 5.00 **Murder, She Wrote**
 7.00 **M*A*S*H** (S9&10)
 9.00 **Randall and Hopkirk (Deceased)** *When Did You Start to Stop Seeing Things?* 10/26. Jeff loses the ability to see Marty. (S1)
 10.00 **The New Avengers** *The Gladiators*: 12/13. A KGB agent threatens Canada's security system. (S2)
 11.00 **The Persuaders!** (S1)
 12.00 MT **M*A*S*H** (S9&10)
 2.00 AM **Randall and Hopkirk (Deceased)**
 3.00 **The Persuaders!** (S1)
 4.00 **Highway to Heaven**
 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
7.05 The Professionals
8.10 Casebook of Sherlock Holmes Murder mystery.
9.15 Magnum, PI
10.15 Kojak
11.20 BattleBots
12.25 PM Casebook of Sherlock Holmes Murder mystery.
1.35 Magnum, PI
2.35 Kojak
3.40 Minder
4.50 The Professionals
5.55 BattleBots **New edition**



9.00 Pitch Black

- 7.00 **The Motorbike Show** Henry Cole rides through Andalucia and meets up with Zef Eisenberg back in the UK.
8.00 **Junk and Disorderly** Henry Cole and his team visit a farm sale and come away with a vintage Massey Ferguson tractor.
9.00 **FILM Pitch Black** Sci-fi horror starring Vin Diesel and Radha Mitchell. A space transport ship crash-lands on a planet populated by monsters that can only come out at night. With Cole Hauser. (1999, 15, 108min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Auf Wiedersehen, Pet** 5/13. Bomber gets some disturbing news about his daughter.
12.15 AM 6/13. Dennis finally faces up to his divorce. (S1)
1.15 **Two and a Half Men**
2.05 **The Protectors**
2.35 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 Star Trek: The Next Generation 15/26. (S3)
12.00 NOON Star Trek: Voyager
1.00 PM Star Trek: Deep Space Nine 5/26. (S6)
2.00 Warehouse 13 11/13. (S2)
3.00 Stargate SG-1 17/20. (S8)
4.00 Star Trek: Voyager (S2)
5.00 Star Trek: Deep Space Nine
6.00 Star Trek: The Next Generation 15/26. The ship encounters a temporal rift. Guest stars Denise Crosby. (S3)



11.00 Battle for Pandora

- 7.00 **Warehouse 13 Buried** 11/13. Mrs Frederic's life is endangered when another warehouse becomes active. (S2)
8.00 **Stargate SG-1 Reckoning - Part Two** 17/20. The Jaffa Resistance put together an army to reclaim a holy city. (S8)
9.00 **Grimm The Kiss** 2/22. Part two of two. Monroe and Rosalee race against time to save Juliette. (S2)
10.00 **The Walking Dead Say the Word** 5/16. The Governor throws a party for the people of Woodbury. (S3)
11.00 **FILM Battle for Pandora** Sci-fi adventure starring Tom Sizemore. The US Space Force travels to Saturn's moon Pandora, only to discover it is inhabited by a highly evolved species. (2022, PG, 90min) ★★
1.00 AM **True Blood** 7&8/12. (S1)
2.55 **Room 104** 1&2/12. (S4)
4.00 to 6.00 AM **Most Haunted**

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** In Manchester.
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Location, Location, Location** Two couples in London need help getting out of renting.
9.00 **24 Hours in A&E** A 27-year-old is thrown from his motorbike.
10.00 **8 Out of 10 Cats Does Countdown** Jon Richardson and Amy Gledhill take on Richard Ayoade and Guz Khan.
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **First Dates**
2.05 **Manhunt** True-crime.
3.05 **Go Back to Where You Came From**
4.05 to 5.00 AM **24 Hours in A&E**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&Alibi

109/110 809 114 343 358

- 7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 9/16. (S3)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S9)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 9/16. Charlie and Rex find themselves captives of a kidnapper seeking vengeance. (S3)
6.00 **Father Brown The Children of Kalon**: A troubled soul from the past returns to the village.



9.00 Murdoch Mysteries

- 7.00 **The Mentalist At First Blush** 14/24. Jane tries to prove a woman is innocent of murdering her dance teacher. (S4)
8.00 **White Collar Pulling Strings** 14/16. Neal works with his former girlfriend Sara Ellis to discover who has stolen a violin. (S3)
9.00 **NEW SERIES Murdoch Mysteries The New Recruit** 1/22. A soldier in a battlefield re-enactment is murdered. (S18)
10.00 **Far North New episode** 5/6. The rescue boat launches with fresh water for the dying crew. (S1)
11.00 **The Mentalist As** 7.00pm.
12.00 **MT White Collar As** 8.00pm.
12.55 AM **CSI: Vegas** 19/21. The CSI team investigate a macabre party with a fatal ending. (S2)
1.55 **So Help Me Todd** 9/21. (S1)
2.50 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM **Highlights**
9.20 **The Green Green Grass**
10.00 **Are You Being Served?**
10.40 **Porridge**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **The Good Life**
2.00 **Dad's Army**
2.40 **Porridge**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.40 **Dad's Army**



5.20 The Green Green Grass

- 7.20 **Dad's Army** The platoon take part in a gruelling efficiency test in a bid to prove their worth.
8.00 **The Good Life** Tom sets out to catch a thief who is stealing from his garden.
8.40 **The Thin Blue Line** The officers prepare to be cross-examined by a crook's defence counsel.
9.20 **Blackadder II** Edmund is challenged to a drinking contest by Lord Melchett.
10.00 **The Office** Jennifer from head office visits to tell David that the Slough branch is to be merged.
10.40 **The Good Life** As 8pm.
11.20 **The Thin Blue Line**
12.00 **MT Blackadder II** As 9.20pm.
12.40 AM **The Office** As 10.00pm.
1.20 **Newark, Newark** Leslie and Amber go on a double date with high expectations.
2.00 **Blackadder II** As 9.20pm.
2.35 to 4.00 AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM **Total Wipeout: Freddie & Paddy Takeover**
8.00 **Cop Car Workshop**
10.00 **Extreme Fishing with Robson Green: At the Ends of the Earth** Double bill.
12.00 NOON **American Pickers**
2.00 PM **How Britain Worked**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Exploring the history behind Britain's favourite desserts.
6.00 **Rick Stein's Long Weekends** The chef takes a culinary break in Bordeaux, France.



11.00 8 Out of 10 Cats

- 7.00 **Would I Lie to You? - The Unseen Bits** Highlights from the third series of the panel show.
7.40 **Richard Osman's House of Games** With Shazia Mirza and Jake Wood.
8.20 **With Kemah Bob, JJ Chalmers, Kevin Clifton and Victoria Derbyshire.**
9.00 **QI XL** Rich Hall, David Mitchell, Jimmy Carr and Alan Davies tackle Stephen Fry's questions on the topic of food.
10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts the current affairs quiz.
11.00 **8 Out of 10 Cats**
12.00 **MT Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.45 **Two Pints of Lager and a Packet of Crisps**
3.30 to 4.00 AM **Meet the Richardsons**

+1 hour 211/212 327 74

5USA

141/169 120/162 21 129

- 9.00 AM **NCIS** 11-13/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS The Penelope Papers** 3/24. McGee's grandmother is implicated in the killing of a lieutenant.
7.00 **Enemy on the Hill** 4/24. The team attempt to uncover the motive behind a contract killing.
8.00 **Safe Harbour** 5/24. A coastguard officer is found dead on board a cargo ship. (S9)
9.00 **Blue Bloods Cursed** 12/22. A mobster is found shot in his car. (S6)
10.00 **Law & Order: Special Victims Unit Street Revenge** 19/23. The detectives try to track down a serial rapist. (S13)
11.00 **Law & Order: Special Victims Unit** (S13)
1.55 AM **Criminal Minds**
2.50 **New York Undercover**
3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
12.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GP's: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** **New edition** Chaos erupts when a man becomes aggressive.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 **MT 999: Emergency Call Out** Documentary.
1.00 AM **GP's: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 to 4.00 AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Trucking Hell**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.20 PM **FILM Flame of the Barbary Coast** Western with John Wayne. (1945, b/w, U, 91 min) ★★
2.10 **FILM Rage at Dawn** Western with Randolph Scott and Forrest Tucker. (1955, U, 87min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Heavy** Sam lifts a shipping container over a hedge and through a narrow gap.
10.00 **Outback Truckers** Turbo pushes himself and his truck to the limit.
11.00 **Coastguard: Search & Rescue SOS**
12.00 **MT World's Strongest Man 2024**
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 to 4.00 AM **Entertainment News**

U&W

132/133 827 125 25 156

- 6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Property Brothers: Family Flashback**
8.00 **Inside the Ambulance**
9.00 **Who is Ghislaine Maxwell?** A look at how the socialite tried to reinvent herself as an environmentalist.
10.00 **The Menendez Murders: Erik Tells All** The first trial ends in a surprise verdict.
11.00 **Red Flag** Documentary.
12.00 **MT Louis Theroux: Dark States - Trafficking Sex**
1.00 AM **Celebrity MasterChef Australia**
2.00 to 3.00 AM **One Born: What Happened Next?**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.25 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Mrs Sidhu Investigates Killer App** 3/4. Mrs Sidhu is asked to be an in-house caterer for a software company. (S1)
10.00 **New Tricks The Last Laugh** The squad reinvestigate a political activist's disappearance. Guest stars Phil Daniels.
11.20 **Bergerac**
12.20 AM **Lovejoy**
2.45 to 4.00 AM **Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea In Boca Raton.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 Destinations of the Damned with Zak Bagans **New edition** The team journey to Mexico to investigate an alarming rise in demonic possessions.
10.00 The Dead Files **New edition** In Layton, Utah, a grandfather fears for the life and safety of his grandson.
11.00 Celebrity Help! My House Is Haunted
12.00 M'T Help! My House Is Haunted Reality series.
2.00 AM Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Homestead Rescue: Raney Ranch
1.00 PM Aussie Gold Hunters
3.00 Yukon Gold
5.00 Alaskan Bush People
7.00 Deadliest Catch When Mandy devises a plan for partnering, Sig must rethink his own tactics.
8.00 Sig makes a controversial call to save the fishery, and Jake attempts a daring rescue.
9.00 Monsters Inside Me A parasite eats the leg of a teenage boy.
10.00 A neuro-psychiatrist suffers multi-organ failure.
11.00 Aussie Gold Hunters
12.00 M'T Naked and Afraid
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country People search for their ideal rural retreats.
9.00 Christina in the Country Following Christina Haack as she expands her design business in Tennessee.
10.00 Flipping 101 with Tarek El Moussa Tarek helps two friends whose latest project has hit with delay after delay.
11.00 Home Town
12.00 M'T Good Bones
1.00 AM Building Alaska
2.00 Flip or Flop Double bill.
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Through the Keyhole
12.00 NOON Tenable
1.00 PM Family Fortunes Four editions of the quiz hosted by Les Dennis.
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze Game show hosted by Richard O'Brien.
6.00 Through the Keyhole
7.00 Tenable Quiz show.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable Warwick Davis hosts the quiz show as five youth leaders from Derbyshire take part.
11.00 Bullseye Double bill of the darts-based quiz.
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable As 10.00pm.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM Last Bite Hotel
7.00 The Pioneer Woman
9.00 The Hairy Bikers Go North Double bill.
11.00 The Great British Bake Off Double bill.
1.00 PM Rick Stein's Food Heroes Double bill.
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 The Hairy Bikers Go North Double bill.
7.00 The Great British Bake Off Double bill.
9.00 Rick Stein's Food Heroes Double bill.
10.00 James Martin's French Adventure The chef travels to Bresse.
11.00 Diners, Drive-Ins and Dives Four editions.
1.00 AM Man v Food with Casey Webb
1.30 Man v Food In St Louis.
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish
3.00 Outdaughters: Busby Quints Double bill.
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 Say Yes to the Dress
8.00 I Didn't Know I Was Pregnant Double bill.
9.00 My 600lb Life A man needing to lose 900lbs.
11.00 Sex Sent Me to the ER
12.00 M'T Monsters Inside Me
1.00 AM Extreme Couponing
2.00 My 600lb Life
4.00 I Didn't Know I Was Pregnant Double bill.
5.00 Extreme Couponing
5.30 to 6.00 AM Extreme Cheapskates

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM Wanted: Dead or Alive Western drama.
8.40 **FILM** Hell River Drama. (1974, PG, 99min) ★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM **FILM** City Slickers: The Legend of Curly's Gold Comedy sequel. (1994, 12, 116min) ★
3.25 **FILM** Bad Man's River Spaghetti Western. (1972, 12, 90min) ★
5.30 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 **FILM** Pistol Whipped Crime action thriller starring Steven Seagal. (2007, 15, 96min) ★★
11.15 **FILM** The Keeper Thriller. (2009, 15, 90min) ★★
1.15 AM **FILM** Collision Earth Sci-fi drama. (2020, 12, 90min) ★
3.10 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 18/25. (S2)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 12/22. (S3)
11.00 **FILM** Ape vs Monster Thriller. (2021, 12) ★★
1.00 PM **FILM** The Abominable Snowman Fantasy horror. (1957, b/w, 12, 91 min) ★★
2.45 **FILM** Five Golden Dragons Adventure. (1967, PG, 100min) ★★
5.00 Star Trek 17/30. (S1)
6.00 T.J. Hooker 13/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 **FILM** The River Wild Adventure thriller. (1994, 12, 112min) ★★
11.15 **FILM** Precious Cargo Thriller with Claire Forlani. (2016, 15, 87min) ★★
1.05 AM **FILM** What Keeps You Alive Thriller. (2018, 15, 98min) ★★
3.05 to 5.00 AM **FILM** Witch Hunt Horror thriller. (2021, 15, 98min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 New Girl (S3&4)
10.00 Home Improvement
12.00 NOON Last Man Standing 19&20/21. (S9)
1.00 PM Friends (S2&3)
8.00 Friends 9/25. Ross and Monica become American football rivals.
8.30 11/25. Chandler falls for one of Joey's many sisters. (S3)
9.00 **FILM** As Good As It Gets Comedy starring Jack Nicholson. (1997, 15, 138min) ★★
11.40 Mr Bean 13&14/14. (S1)
12.45 AM Al Murray: Beautiful British Tour - Live at the O2
1.45 Whose Line Is It Anyway? USA
2.15 Beavis and Butt-Head
3.05 Jack Dee: So What?
3.50 The Daily Show **New edition** Talk show.
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** Garage Sale Mystery: The Wedding Dress Crime drama. (2015, PG, 83min) ★★
10.55 **FILM** Live Once, Die Twice Mystery thriller. (2006, 12, 90min) ★★
1.00 PM **FILM** Secrets at the Lake Thriller. (2019, PG, 86min) ★★
2.55 **FILM** Witness Unprotected Thriller. (2018, 12, 90min) ★★
4.50 **FILM** Baby Obsession Thriller. (2018, 12) ★★
6.50 **FILM** The Double Thriller. (2011, 12, 94min) ★★
9.00 **FILM** Wind River Crime mystery. (2017, 15, 103min) ★★
11.25 **FILM** American Heist Drama. (2014, 15) ★★
1.25 AM **FILM** The Double Thriller. (2011, 12) ★★
3.30 Air Rescue Documentary.
4.00 to 6.00 AM **FILM** A Wedding to Die For Thriller. (2019, 12) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM** 7 Guardians of the Tomb (2018)
8.00 **FILM** Island of Terror Sci-fi horror. (1966, PG, 90min) ★★
10.00 Farscape 15/22. (S1)
11.00 Frank Herbert's Children of Dune
1.00 PM **FILM** The Land That Time Forgot Fantasy with C Thomas Howell. (2009, 12, 90min) ★★
3.00 Farscape 15/22. (S1)
4.00 Star Trek 25/30. (S1)
5.00 **FILM** 7 Guardians of the Tomb Adventure. (2018, 12, 90min) ★★
7.00 Farscape 17/22. (S1)
8.00 Star Trek 26/30. (S1)
9.00 **FILM** Blood and Money Thriller starring Kristen Hager and Tom Berenger. (2020, 15, 89min) ★★
10.50 **FILM** Hard Target Action thriller. (1993, 18, 95min) ★★
1.00 to 3.00 AM **FILM** Blood and Money As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 4&5/22. (S1)
11.00 Friends 17-20/25. (S3)
1.00 PM Criminally Funny
2.30 Impractical Jokers: The Inspired Unemployed
3.00 Whose Line Is It Anyway? USA
4.00 New Girl (S3&4)
5.00 Becker 4&5/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing (S9)
9.00 Whose Line Is It Anyway? USA
10.00 Friends (S2)
1.00 AM The Ren & Stimpy Show 3&4/12. (S2)
1.50 The Roast of Pamela Anderson
3.10 Al Murray: The Pub Landlord - Live at the Palladium Stand-up.
4.30 Jonathan Pie: Back to the Studio Stand-up.
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.00 AM **FILM** Love Takes Flight Romantic drama. (2019, PG, 87min) ★★
10.00 **FILM** Love Strikes Twice Fantasy. (2021, PG) ★★
12.00 NOON **FILM** Raise a Glass to Love Drama. (2021, PG, 84min) ★★
2.00 PM **FILM** Love, For Real Romantic comedy. (2021, PG, 84min) ★★
4.00 **FILM** Love on Safari Romantic drama. (2018, PG, 84min) ★★
6.00 **FILM** Love Finds You in Valentine Drama. (2016, PG, 87min) ★★
8.00 **FILM** A Perfect Match Romantic drama. (2021, PG, 84min) ★★
9.55 **FILM** The Wedding Fix Drama. (2022, PG) ★★
11.55 **FILM** Lucky in Love Drama. (2014, 12) ★★
2.00 AM Highway to Heaven
3.00 to 5.00 AM **FILM** The Secret Sauce Comedy. (2021, PG, 90min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real...
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
9.50 Hardcore Pawn: Behind the Deal
10.15 Encounter: UFO
11.10 Strange Evidence
12.10 PM What on Earth?
1.05 Secrets in the Sand
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Encounter: UFO
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 In Search of Aliens
10.00 UFOs: Lost Evidence
11.00 Close Encounters
12.00 M'T Alien Files: Unsealed
1.00 AM Encounter: UFO
2.00 Strange Evidence
3.00 Hardcore Pawn: Behind the Deal
3.25 Salvage Kings
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S3)
2.00 PM The Real A&E
3.00 Manifest 12/13. (S3)
4.00 Border Patrol
5.00 Highway Patrol
6.00 The Flash 11/18. (S7)
7.00 MacGyver Bozer and Booze and Back to School: 3/22. The team go undercover at college.
8.00 Guts and Fuel and Hope: 4/22. Angus has to decide whether to allow his dad back in. (S3)
9.00 The Force: Manchester
11.00 Sick Note 1/8. (S2)
12.00 M'T Road Wars
1.00 AM A League of Their Own Double bill.
3.00 Duck Quacks Don't Echo Lee Mack hosts.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
8.30 Huckleberry Finn
9.00 Sherlock Holmes (S1)
10.00 A Fine Romance (S4)
10.30 Watching 2/7. (S6)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie
12.00 NOON Shine on Harvey Moon 5/9. (S3)
1.00 PM Blue Thunder (S1)
2.00 The Prisoner 2/17. (S1)
3.00 Whicker's World
4.00 Bubblegum & Cheese
5.00 Diff'rent Strokes (S1)
5.30 Watching 2/7. (S6)
6.00 I Dream of Jeannie (S1)
6.30 Thriller 1/8. (S2)
7.45 Auto Rewind
8.00 The Prisoner (S1)
9.00 Police Woman (S1)
10.00 Game On 2/6. (S1)
10.35 Drop the Dead Donkey
11.05 The Mrs Merton Show
11.40 Thriller 1/8. (S2)
12.55 AM Shine on Harvey...
1.55 Whicker's World
2.55 Monkey 20/26. (S1)
3.50 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Kent: The Garden of England Hever Castle.
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet
3.00 Murder, She Wrote
4.00 Columbo
5.30 Eggheads Quiz show.
6.00 World's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Princess Anne: The Power Behind the Throne A look at the Princess Royal's role in the Royal Family.
10.00 Roddy & Margaret: The Affair That Shook the Royals
11.00 Prisoner: Cell Block H
1.05 AM Bargain-Loving Brits in the Sun
3.00 Kent: The Garden of England Hever Castle.
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM Daria 13/14. (S5)
6.20 16 and Pregnant
7.10 Teen Mom: From the Beginning Double bill.
9.00 Teen Mom 2
10.00 Teen Mom 2: From the Beginning Reality series.
11.00 Catfish: Teams
12.00 NOON Catfish: The TV Show Seven editions.
7.00 PM Teen Mom: The Next Chapter
8.00 Rich Kids Go Skint
9.00 Secrets of McDonalds: 100 Billion Dollar Burger The history of the fast food franchise.
10.00 Geordie Shore Ricci confronts Chantelle.
11.00 Jersey Shore Family Vacation Reality series.
12.00 M'T Love & Hip Hop: Atlanta **New edition** The tension between Bambi and Scrappy reaches new heights.
1.00 AM Ink Master
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Cries

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Help for a young family with a crumbling cabin.
3.00 **The Last Woodsmen**
5.00 **Deadliest Catch** Captain Sig suddenly loses power as he battles to launch his new Norwegian fishing operation.
6.00 **Wheeler Dealers** Mike buys his newest ever car to create a bespoke Scooby BRZ STI.

9.00 **Marooned with Ed Stafford**

- 7.00 **Salvage Hunters** At a Tudor manor in Cheshire, Drew Pritchard tries to get his hands on a couple of intriguing sculptures.
8.00 **Kindig Customs** The C10 moves into final assembly phase, but the team find it a struggle to get the bed to fit perfectly.
9.00 **Marooned with Ed Stafford** **New edition** The adventurer attempts to survive in Namibia's Erongo Mountains.
10.00 **Impossible Builds** In New York, an ultra-thin skyscraper is being built onto a plot barely bigger than a basketball court.
11.00 **Border Control: Europe** A priest gets questioned.
11.30 Undercover agents track down dark web crooks.
12.00 **M.T. Street Outlaws**
1.00 AM **Marooned** As 9.00pm.
2.00 **Impossible Builds**
3.00 **Iron Resurrection**
4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Animal Cries**
9.00 **Dodo Heroes**
10.00 **Bad Dog!** A swearing parrot.
11.00 **Alaska: Homestead Rescue**
12.00 **NOON Animal Cries**
1.00 PM **Dodo Heroes**
2.00 **Killer Whales**
3.00 **Dogs 101** Double bill.
5.00 **Alaska: Homestead Rescue** The Raneys return to Alaska, but they find their homestead on complete disrepair.
6.00 **Animal Cries** An outdoor area for a couple's Savannah cat and foster kittens.

8.00 **Project Grizzly**

- 7.00 **Dodo Heroes** A profile of a seven-year-old social media sensation who has helped more than 1,500 shelter dogs in the USA.
8.00 **Project Grizzly** Jeff Watson sets out to teach his grizzlies to forage in the wild, only for Bob to slash him in the arm.
9.00 **Project Grizzly** Jeff Watson's unconventional hunting lessons fail to prepare Bob and Screech to hunt game in the wild.
10.00 **Alaskan Bush People** Following a family of seven children who depend on each other to survive in the wilderness.
11.00 **Flying Wild Alaska** Luke flies chemicals to a remote village.
12.00 **M.T. Pit Bulls & Parolees: Tia's Tales** Successes and losses are recounted.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101** Dog grooming.
3.00 **Alaska: Homestead Rescue**
4.00 to 5.00 AM **Animal Cries**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation: Special Report**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Colombia**
12.00 **NOON Car S.O.S**
1.00 PM **Rocky Mountain Railroad**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans: Pacific Shockwave**
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** A 1929 Rolls-Royce.
6.00 **Nazi Megastructures** Hitler's plan to land troops in southern England in 1940.

10.00 **Lawless Island**

- 7.00 **Air Crash Investigation** A turboprop is just seconds from landing when it flips over and crashes to the ground.
8.00 **Colossal Machines** **New edition** A look at machines that are pushing the boundaries of science and engineering.
9.00 **Mysterious Islands** Findings on isolated islands include a volcanic isle with a dark past and elaborate burial rituals.
10.00 **Lawless Island** **New edition** In Port Protection, tools aren't always used for what they're intended.
11.00 **Air Crash Investigation** A crash near Indiana in 1994.
12.00 **M.T. Britain's Underworld**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 to 5.00 AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
6.50 **The Great British Dig: History in Your Back Garden**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 **NOON Mountain Men**
1.00 PM **Flipping Bangers**
2.00 **Combat Ships**
4.00 **Digging for Britain**
5.00 **Pawn Stars** Appraising a bust of actor Marlon Brando.
5.30 An antique pinball machine is brought in.
6.00 **American Pickers**

8.00 **Claw Hunters**

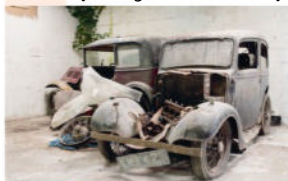
- 7.00 **Forged in Fire** A journey to Kalamazoo, Michigan, where three of its finest blacksmiths face some very challenging tests.
8.00 **Claw Hunters** Joe Ray assesses storm damage, while a restaurateur faces logistical challenges in Brooklyn, New York.
9.00 **Mountain Men** **Series finale** Lauro draws closer to the Iditarod finish line through the icy Bering Sea coast.
10.00 **Gangland Chronicles** **New editions** Pablo Escobar's Medellin Cartel.
10.30 The story of the Oakland Hells Angels.
11.00 **Alien Files: Unsealed** The US government claim that it would stop investigating UFOs.
11.30 Examining rumours of a secret Space Force.
12.00 **M.T. Pawn Stars** Four editions.
2.00 AM **Royal Autopsy**
3.00 **Claw Hunters** As 8.00pm.
4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **Secret Nazi Bases**
11.00 **Nazi Hunters** Franz Stangl.
12.00 **NOON Joanna Lumley's India**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **Secret Nazi Bases** The structure known as the Fly Trap or Hitler's Stonehenge.
5.00 **Nazi Hunters** The story of architect Albert Speer.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Nymans garden near Crawley.

8.00 **Bangers & Cash**

- 7.00 **Guy's Garage** Guy Martin transforms a Land Rover Defender into an off-road racer that is capable of reaching 100mph.
8.00 **Bangers & Cash** **New edition** Jack's drawn the short straw again as he attempts to shift a pair of 1930s Austin Sevens.
9.00 **Bangers & Cash** Paul hits the road to collect an old navy ambulance that served its time as a holiday camper.
10.00 **Bangers & Cash: Restoring Classics** The team pay a lot for a VW Campervan, but hope to break even at auction.
11.00 **Abandoned Engineering** Exploring a dystopian powerhouse in Pennsylvania, USA, and Anglo-Saxon religious ruins across Scotland.
12.00 **M.T. Joanna Lumley's India** From Rajasthan to Kashmir.
1.00 to 3.00 AM **Find It, Fix It, Flog It**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars** Double bill.
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Wheeler Dealers** The group are excited when a legendary 1991 Toyota MR2 Turbo is found.
9.00 Mike and Elvis attempt to make an Audi RS6 estate car faster than a sports car.
10.00 **Richard Hammond's Workshop** Richard is desperate to get behind the wheel of his beloved MGB in a race.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 to 5.00 AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Dress**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes: Wedding SOS**
11.00 **Say Yes to the Dress: Lancashire**
12.00 **NOON Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **10 Steps to Murder** Iain Lawrence's crimes.
8.00 **Murder on CCTV**
10.00 **Evil Lives Here**
12.00 **M.T. Faking It: Tears of a Crime** Karen Matthews.
1.00 AM **Faking It Special**
2.00 **Murder Comes to Town**
3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **The Hunt for the Chameleon Killer** As police hunt the killer, a tangled web of stolen identities is revealed.
8.00 **The Black Widow Murders** When a storeowner is brutally murdered, detectives question his ex-wife.
9.00 **NEW SERIES Forensic Factor** A jogger makes a gruesome discovery, the partially mummified remains of a human.
10.00 **Bloodline Detectives** **New edition** Susan Eads is found murdered in Texas in 1983.
11.00 **Evidence of Evil**
12.00 **M.T. 48 Hours**
1.00 AM **Forensic Factor**
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **Wrongly Accused**
11.00 **Medical Detectives**
2.00 PM **Wrongly Accused**
4.00 **Medical Detectives** The police struggle to solve the case when a banker's wife gets kidnapped.
4.30 A neighbour witnesses a man stab and drown his wife.
5.00 A house fire turns out to be no accident.
5.30 California police search for a man who committed several crimes in 1957.
6.00 Investigators piece together tiny clues at the scene of a hit-and-run accident.
6.30 Investigators must determine what caused a fire that killed an elderly couple.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Catching the Killer**
12.00 **NOON The Killer Within**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did...**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **The Killer Within**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did** Next Peter McMahon.
10.00 **The Piketon Family Murders** Documentary.
11.45 **World's Most Evil Killers**
12.50 AM **Murders That Shocked the Nation**
1.55 **Snapped** Documentary.
2.55 **Made for Murder**
4.00 **Brit Cops**
5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Auschwitz in 33 Objects** Documentary.
9.30 **Armada: The Untold Story** As 7.30pm.
10.40 **Vichy and the Nazis: A Deal with the Devil**
12.00 **NOON Hitler's Gold**
1.00 PM **Grand Tours of Scotland** Documentary.
1.50 **Auschwitz in 33 Objects**
2.55 **Armada: The Untold Story** As 7.30pm.
4.05 **Vichy and the Nazis: A Deal with the Devil**
5.20 **Hitler's Gold**
6.20 **Auschwitz in 33 Objects**
7.30 **Armada: The Untold Story** 1/3. A look inside the Spanish Armada.
8.35 **Vichy and the Nazis: A Deal with the Devil**
9.55 **Hitler's Gold** The hunt for the Nazi criminals.
10.55 **Armada: The Untold Story** As 7.30pm.
12.00 **M.T. Vichy and the Nazis: A Deal with the Devil**
1.20 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Story of Late Night
7.00 Discovering: Basil Rathbone
8.00 The Directors
9.00 The Eighties
10.00 Edge of the Earth
11.00 The Lady and the Dale
12.00 NOON SIC: Prince of MotoGP
1.45 PM My Icon: Thierry Henry
2.00 The End of the Storm
4.00 The Directors
5.00 Discovering: Basil Rathbone
6.00 The Eighties
7.00 Super/Man: The Christopher Reeve Story Profile of the actor.
9.00 An Update On Our Family
New edition 2/3. Documentary exposing the unregulated family vlogging industry.
10.00 Gary The life and mysterious death of actor of Gary Coleman.
12.00 M/T Boyzone: No Matter What
1.00 AM The Great Horsemeat Scandal Documentary.
1.40 The Legend of the Underground Documentary.
3.20 The Stroll Documentary.
5.00 to 6.00 AM Discovering: Basil Rathbone

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder?
New edition Mysterious deaths.
9.00 After the First 48 New edition
10.00 Interrogation Raw
11.00 Homicide Hunter
12.00 M/T Accident, Suicide or Murder? New edition
1.00 AM After the First 48
2.00 Interrogation Raw
3.00 Fear Thy Neighbour
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
1.00 PM Abandoned Engineering
5.00 The Bill The Quick and the Dead: A physical training officer finds the fitness levels at Sun Hill to be below par.
5.30 Witness: Ramsey and Smith must look after a witness in a court case.
6.00 Here We Go Loopy Lou: Bob, Claire and Taffy investigate a man who is carrying a cross.
6.30 Stop and Search: Kilnair is pricked by a junkie's needle.
7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 The Missing Molly: 5/8. Tony decides to take matters into his own hands, leading to a violent confrontation.
10.20 Concrete: 6/8. Tony covers his tracks, while Emily suffers a breakdown. (ST)
11.40 The Bill Four episodes.
1.40 AM Pointless Double bill.
3.30 Abandoned Engineering
5.10 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 My Best Friend's an Animal
10.00 Africa's Wild Horizons
11.00 Orangutan Jungle School
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 My Best Friend's an Animal
4.00 Africa's Wild Horizons
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 Islands The Okavango Delta.
9.00 Wild Birds of Australia
The world of emus, where females call the shots, while males raise the young.
10.00 Land of Primates
11.00 New Kids in the Wild
12.00 M/T Orangutan Jungle School
1.00 AM Ocean Parks
2.00 Islands The Okavango Delta.
3.00 Wild Birds of Australia
4.00 Great Parks of Africa
5.00 to 6.00 AM My Best Friend's an Animal

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Extreme China
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo The staff await the zoo's first giraffe birth in more than 20 years.
8.00 Alaska Fish Wars: Season on the Edge Highlighting the dangers of salmon fishing.
9.00 Last of the Giants: Wild Fish
Cyril Chauquet's next mission is the invasive paiche.
10.00 Ice Road Rescue Bjorn helps a driver whose fuel has frozen.
11.00 The drivers attempt to balance work and family life.
12.00 M/T Last of the Giants: Wild Fish Documentary.
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Calls from the Inside
9.00 The Killer Beside Me
11.00 Evil Lives Here
1.00 PM Murder Calls
3.00 Grave Mysteries
5.00 Someone You Thought You Knew Double bill of editions.
7.00 Caught in the Net The tragic murder of a 14-year-old girl in Michigan leaves behind little physical evidence, forcing investigators to enter the digital world in search of clues.
8.00 When 26-year-old Erica Crippen Crosby disappears from her home in New Jersey, detectives must follow a digital trail to uncover the truth about what happened to her.
9.00 The Real Story with Maria Elena Salinas A two-year-old girl's claims of abuse.
10.00 Lethally Blonde
11.00 Undercover Underage
12.00 M/T The Lake Erie Murders
2.00 AM Someone You Thought You Knew Double bill.
4.00 to 5.00 AM Caught in the Net
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 How to Lose a War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Britain's Most Historic Towns Exploring Manchester.
2.00 Walking Through History
3.00 Colosseum
4.00 How to Lose a War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files Strange visitations on a remote Brazilian island.
8.00 Egypt's Unexplained Files
Modern science helps uncover the secrets of health and wealth.
9.00 Dark Marvels: Killing Machines
How razor sharp blades have spilled blood and forged empires.
10.00 History's Greatest Mysteries
11.00 8 Days That Made Rome
12.00 M/T Ancient Aliens
2.00 AM Britain's Most Historic Towns Exploring Manchester.
3.00 Walking Through History
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM
The Proof Is Out There

Discovery History

174 181

- 7.00 AM Storming Area 51
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Aliens in Alaska
8.00 Spontaneous Combustion: Investigation X
An investigation into the phenomenon in humans.
9.00 Combat Dealers Bruce Crompton marks the 75th Anniversary of VE Day.
10.00 Shed and Buried
11.00 World's Greatest Motorcycle Rides 1/3. Henry Cole attempts a world land speed record for a classic motorcycle.
12.00 M/T Mysteries of the Deep
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM
Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

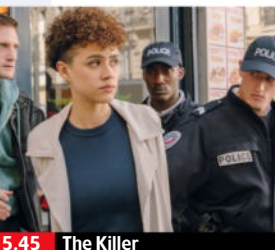
- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Richard finds a classic Mini that needs restoring.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Roadworthy Rescues
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Bernie increases his influence on the F1 juggernaut.
9.00 Kindig Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 M/T Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Trans Am
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 6.00 AM Twilight of the Warriors: Walled In Crime thriller.
(2024, 15, 126min) ★★★
8.15 Kill As shown at 4pm.
10.00 Parachute As 5.45am.
12.00 NOON Slingshot Sci-fi thriller.
(2024, 15, 108min) ★★★
2.00 PM Chuck Chuck Baby Drama.
(2023, 15, 101min) ★★★★★
4.00 Kill Thriller. (2023, 15) ★★★
5.45 The Killer Thriller with Nathalie Emmanuel and Omar Sy.
(2024, 15, 126min) ★★★★★



5.45 The Killer

- 8.00 Furiosa: A Mad Max Saga Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Ayla Browne, Tom Burke and Lachy Hulme.
(2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 I Saw the TV Glow Horror thriller starring Justice Smith and Brigitte Lundy-Paine.
(2024, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM Get Away Comedy horror.
(2024, 15, 86min) ★★★★★
2.05 Chuck Chuck Baby As 2pm.
4.05 The Last Stop in Yuma County Crime thriller.
(2023, 15, 100min) ★★★★★
5.45 to 7.35 AM Parachute Romantic comedy drama.
(2023, 15, 108min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 6.10 AM My First Summer (2020)
7.35 Rurangi As shown at 1.55am.
9.10 The Colour Room Drama.
(2021, PG, 109min) ★★★★★
11.15 Miranda's Victim Drama.
(2023, 15, 127min) ★★★
1.25 PM Lost in Translation Bittersweet comedy drama.
(2003, 15, 102min) ★★★★★
3.15 Miss Potter Biographical drama.
(2006, PG, 93min) ★★★
4.55 Meet Joe Black Supernatural romantic drama starring Brad Pitt. (1998, 12, 181min) ★★★★★
8.00 Dear John Romantic drama starring Channing Tatum and Amanda Seyfried. A US soldier and a South Carolina college student keep their romance alive through love letters. With Henry Thomas and David Andrews. (2010, 12, 108min) ★★
10.00 Mother! Offbeat thriller starring Jennifer Lawrence.
(2017, 18, 121min) ★★★★★
12.15 AM North Hollywood Comedy drama. (2021, 15, 93min) ★★★★★
1.55 Rurangi Drama with Elz Carrad.
(2020, 15, 87min) ★★★★★
3.30 My First Summer Drama.
(2020, 15, 80min) ★★★
4.55 to 7.10 AM West North West Drama. (2015, 15, 125min) ★★★

Sky Cinema Hits

303 403 503 517

- 6.10 AM Ruthless As 4.00am.
7.45 Please Don't Destroy: The Treasure of Foggy Mountain
9.35 The Book of Clarence (2023)
11.45 Bob Marley: One Love Biopic.
(2023, 12, 104min) ★★★
1.35 PM 8 Mile Urban drama.
(2002, 15, 112min) ★★★
3.30 Bad Boys II Action comedy sequel starring Will Smith.
(2003, 15, 147min) ★★★
6.00 Superbad Teen comedy.
(2007, 15, 113min) ★★★★★



10.00 Horrible Bosses

- 8.00 Anyone But You Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. With Rachel Griffiths and Bryan Brown.
(2023, 15, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 Horrible Bosses Comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three friends hatch a plot to get rid of their tyrannical employers. With Colin Farrell.
(2011, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50 Please Don't Destroy: The Treasure of Foggy Mountain Comedy. (2023, 15) ★★★
1.40 AM The Book of Clarence Comedy. (2023, 15) ★★★
4.00 Ruthless Action thriller. (2023, 15, 92min) ★★★
5.45 to 6.00 AM The Cinema List: British Sky Originals

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.05 AM Night Swim As 9.55pm.
8.55 After Earth As 6.10pm.
10.45 The Nun Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★★★
12.30 PM Riddick Sci-fi action thriller sequel. (2013, 15, 122min) ★★★★★
2.40 The Woman in Black Chiller starring Daniel Radcliffe.
(2012, 12, 91min) ★★★★★
4.25 Renfield Horror comedy.
(2023, 15, 93min) ★★★★★
6.10 After Earth Sci-fi adventure starring Will and Jaden Smith.
(2013, 12, 98min) ★★
8.00 The Nun II Horror sequel with Taissa Farmiga. Sister Irene is reacquainted with demonic Valak at a boarding school in France, and battles for the students' souls. (2023, 15, 110min) ★★
9.55 Night Swim Horror starring Wyatt Russell and Kerry Condon. (2024, 15, 98min) ★
11.40 Repo Man Cult sci-fi thriller. (1984, 18, 92min) ★★★★★
1.20 AM Next Exit Sci-fi comedy. (2022, 15, 106min) ★★★★★
3.10 I.S.S Sci-fi drama with Ariana DeBose and Chris Messina.
(2023, 15, 95min) ★★★
4.50 to 6.30 AM Resident Evil: Retribution Sci-fi action thriller sequel. (2012, 15, 92min) ★★★★★

Sky Cinema Family

306 406 506 520

- 7.00 AM **Paulie** (1998, U) ★★★
 8.45 **The Little Rascals** Family comedy. (1994, U, 83min) ★★
 10.25 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★
 12.10 PM **The Smurfs** (2011, U) ★★
 2.05 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
 4.00 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★
 5.35 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★



7.20 **Batteries Not Included**

7.20 **Batteries Not Included** Sci-fi fantasy produced by Steven Spielberg, starring Hume Cronyn and Jessica Tandy. (1987, PG, 105min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Mee-Shee: The Water Giant** Family fantasy adventure starring Bruce Greenwood and Daniel Magder. A boy discovers and befriends a prehistoric creature living in a remote Canadian lake. With Joel Tobeck. (2005, PG, 94min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Little Vampire** Animation. (2020, PG, 85min) ★★
 12.40 AM **Robo-Dog: Airborne** Family adventure sequel starring Michael Campion. (2017, U, 88min) ★★
 2.20 **The Horse Dancer** Family drama starring Sophie Bolen. (2017, PG, 114min) ★★
 4.15 to 6.05 AM **Batteries Not Included** As 7.20pm.

Sky Cinema Valentine

302 402 502 516

- 6.00 AM **Blue Hawaii** As 1.40am.
 7.55 **Lisa Frankenstein** As 11.55pm.
 9.50 **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
 11.35 **Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★
 1.50 PM **Trainwreck** Comedy drama. (2015, 15, 124min) ★★
 4.00 **The Five-Year Engagement** Comedy. (2012, 15, 119min) ★★
 6.10 **About Last Night** Comedy remake. (2014, 15, 98min) ★★
 8.00 **Mamma Mia!** Musical based on the hit stage show inspired by ABBA songs, starring Meryl Streep, Pierce Brosnan, Colin Firth and Stellan Skarsgård. (2008, PG, 108min) ★★
 10.00 **Scott Pilgrim vs. the World** Quirky comic-book comedy directed by Edgar Wright, starring Michael Cera and Mary Elizabeth Winstead. (2010, 12, 112min) ★★
 11.55 **Lisa Frankenstein** Comedy horror. (2024, 15, 101min) ★★
 1.40 AM **Blue Hawaii** Elvis Presley musical. (1961, PG, 103min) ★★
 3.25 **It's Complicated** Comedy. (2009, 15, 115min) ★★
 5.30 to 6.30 AM Sky Cinema Preview

11.55 **Lisa Frankenstein** Comedy horror. (2024, 15, 101min) ★★
 1.40 AM **Blue Hawaii** Elvis Presley musical. (1961, PG, 103min) ★★
 3.25 **It's Complicated** Comedy. (2009, 15, 115min) ★★
 5.30 to 6.30 AM Sky Cinema Preview

Sky Cinema Stunts

307 407 507 521

- 6.25 AM **Hanna** Action thriller. (2011, 12, 106min) ★★
 8.25 **Rear Window** Classic thriller. (1954, PG, 112min) ★★
 10.25 **Enter the Dragon** As 1.30am.
 12.10 PM **Assassin** (2023, 15) ★★
 1.55 **Sisu** Thriller. (2022, 15) ★★
 3.40 **The Bourne Ultimatum** Spy thriller starring Matt Damon. (2007, 12, 115min) ★★
 5.40 **The Bourne Legacy** Thriller sequel starring Jeremy Renner. (2012, 12, 129min) ★★



10.05 **Crank**

8.00 **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Crank** Thriller starring Jason Statham and Jose Pablo Cantillo. A hitman learns that he has been poisoned by a chemical that will kill him unless he keeps his adrenaline levels at their maximum. (2006, 18, 88min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Darkman** Fantasy thriller. (1990, 18, 95min) ★★
 1.30 AM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★
 3.20 **Sisu** As shown at 1.55pm.
 4.55 to 6.40 AM **Once Upon a Time in China and America** Adventure. (1997, 15) ★★

Sky Cinema Greats

304 404 504 518

- 7.30 AM **Fist of Fury** Martial arts thriller. (1972, 18, 106min) ★★
 9.30 **Stalag 17** As 1.05am.
 11.35 **Birdy** Psychological drama. (1984, 15, 120min) ★★
 1.50 PM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★
 4.20 **Hudson Hawk** Action comedy starring Bruce Willis. (1991, 15, 97min) ★★
 6.05 **The Sugarland Express** Fact-based comedy drama, the feature-film debut of Steven Spielberg, starring Goldie Hawn. (1974, PG, 110min) ★★
 8.00 **Schindler's List** Steven Spielberg's Oscar-winning historical drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1000 Jews. (1993, 15, 195min) ★★
 11.15 **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★
 1.05 AM **Stalag 17** World War Two comedy drama. (1953, b/w, PG, 120min) ★★
 3.15 **Hudson Hawk** As 4.20pm.
 5.05 to 6.00 AM Sky Cinema Preview

11.15 **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★
 1.05 AM **Stalag 17** World War Two comedy drama. (1953, b/w, PG, 120min) ★★
 3.15 **Hudson Hawk** As 4.20pm.
 5.05 to 6.00 AM Sky Cinema Preview

Sky Cinema Comedy

308 408 508 522

- 6.50 AM **My Big Fat Greek Wedding 3** As 11.40pm.
 8.35 **White Chicks** (2004, 15) ★
 10.40 **Girls Trip** Comedy with Regina Hall. (2017, 15, 122min) ★★
 12.55 PM **In & Out** Comedy. (1997, 12, 91min) ★★
 2.35 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
 4.15 **I Now Pronounce You Chuck & Larry** Comedy. (2007, 12) ★
 6.20 **Sausage Party** Animation. (2016, 15, 89min) ★★



8.00 **Big Daddy**

8.00 **Big Daddy** Comedy starring Adam Sandler as a law school graduate who adopts a five-year-old boy to impress his girlfriend. With Joey Lauren Adams and Kristy Swanson. (1999, 12, 95min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Friends with Benefits** Romantic comedy starring Justin Timberlake and Mila Kunis. Two New Yorkers decide to have a sexual relationship with no strings attached. (2011, 15, 105min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **My Big Fat Greek Wedding 3** Romantic comedy sequel. (2023, 12, 92min) ★★
 1.20 AM **The Cable Guy** Comedy. (1996, 12, 96min) ★★
 3.05 **The Edge of Seventeen** Teen comedy drama. (2016, 15, 104min) ★★
 5.00 to 7.00 AM **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★

Sky Cinema Animation

305 412 500 514

- 6.45 AM **Lego DC Comics Super Heroes: The Flash** As 9.10pm.
 8.15 **The Super Mario Bros Movie** Animated family adventure. (2022, PG, 92min) ★★
 9.55 **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U, 85min) ★★
 11.30 **Tom and Jerry: A Nutcracker Tale** Animated adventure. (2007, U, 47min) ★★
 12.30 PM **The Angry Birds Movie** Animation. (2016, U) ★★
 2.15 **The Angry Birds Movie 2** Animation. (2019, U) ★★
 4.00 **Trolls** Animated musical. (2016, U, 92min) ★★
 5.40 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★
 7.15 **Sing** Animation. (2016, U) ★★
 9.10 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★
 10.35 **Maya the Bee** Animated family adventure. (2014, U, 86min) ★★
 12.10 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★
 1.55 **Tom and Jerry: A Nutcracker...**
 2.50 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★
 4.10 **Scarygirl** (2023, PG) ★★
 5.50 to 7.50 AM **Deep Sea** Animation. (2023, PG) ★★

12.10 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★
 1.55 **Tom and Jerry: A Nutcracker...**
 2.50 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★
 4.10 **Scarygirl** (2023, PG) ★★
 5.50 to 7.50 AM **Deep Sea** Animation. (2023, PG) ★★

Sky Cinema Thriller

309 409 509 523

- 6.10 AM **Caddo Lake** As 12.25am.
 8.00 **Every Breath You Take** Thriller. (2021, 15, 105min) ★★
 10.00 **Constantine** Horror thriller. (2005, 15, 121min) ★★
 12.10 PM **Hypnotic** As 2.15am.
 1.50 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★
 3.50 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★
 5.55 **Promising Young Woman** Thriller with Carey Mulligan. (2020, 15, 113min) ★★



10.20 **Desperation Road**

8.00 **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell, Jamie Foxx and Gong Li. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Naomie Harris and Ciarán Hinds. (2006, 15, 133min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Desperation Road** Thriller starring Mel Gibson. In Mississippi, a mother and her child are caught in a crossfire as alcohol, guns and revenge clash. (2023, 18, 112min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Caddo Lake** Thriller. (2024, 12, 99min) ★★
 2.15 **Hypnotic** Action thriller. (2023, 15, 93min) ★★
 4.00 **He Went That Way** Crime drama. (2023, 15, 96min) ★★
 5.45 to 7.40 AM **Cult Killer** Thriller. (2024, 15, 105min) ★★

Movies 24

312 419

- 7.00 AM **Cut, Color, Murder** Mystery. (2022, PG, 84min) ★★
 9.00 **Sweeter Than Chocolate** Comedy. (2023, PG, 84min) ★★
 11.00 **Marry Go Round** Romantic comedy. (2022, PG, 84min) ★★
 1.00 PM **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
 3.00 **Falling Together** Romantic drama starring Ashley Williams. (2024, U, 90min) ★★
 5.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
 7.00 **Perfect Harmony** Romantic comedy starring James Denton, Sherri Saum and Julia Benson. (2022, PG, 84min) ★★
 9.00 **Love and the Radio Star** Romantic comedy drama starring Laura Miyata and Luke Humphrey. An image consultant hired to transform a radio presenter's public identity ends up becoming his co-host. (2022, PG, 90min) ★★
 11.00 **The Love Subscription** Comedy. (2023, PG, 86min) ★★
 1.00 AM **Made for Each Other** Fantasy. (2023, PG, 84min) ★★
 3.00 to 5.00 AM **Stepping into Love** Drama. (2023, PG, 82min) ★★

11.00 **The Love Subscription** Comedy. (2023, PG, 86min) ★★
 1.00 AM **Made for Each Other** Fantasy. (2023, PG, 84min) ★★
 3.00 to 5.00 AM **Stepping into Love** Drama. (2023, PG, 82min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
 11.00 AM **El Dorado** Howard Hawks Western starring John Wayne. (1966, PG, 126min) ★★
 1.35 PM **The Long Ships** Adventure starring Richard Widmark. (1963, PG, 125min) ★★
 4.10 **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★
 7.05 **My Spy** Comedy starring Dave Bautista and Chloe Coleman. (2020, 12, 99min) ★★



7.05 **My Spy**

My Spy (film started at 7.05pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Venom: Let There Be Carnage** Fantasy sequel starring Tom Hardy. Eddie Brock attempts to re-ignite his career by interviewing a serial killer, who then becomes the host of another symbiote. (2021, 15, 97min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure prequel starring Harrison Ford and Kate Capshaw. (1984, PG, 118min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 to 4.00 AM **Blade of the Immortal** Japanese fantasy with Takuya Kimura. Subtitled. (2017, 18, 141min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00 AM **Bulldog Drummond Escapes** Mystery thriller. (1937, b/w, U, 67min) ★★
 7.25 **Jack London** Biopic. (1943, b/w, PG, 93min) ★★
 9.10 **The Trouble with Angels** Comedy. (1966, U, 112min) ★★
 11.25 **Warn That Man** Comedy thriller. (1943, b/w, PG, 80min) ★★
 1.00 PM **The Gentle Sex** War drama. (1943, b/w, U, 93min) ★★
 2.50 **What's On TPTV with Noel**
 3.00 **Crown Court** Triple bill.
 4.30 **Rebecca** 1/2. Dramatisation of the Daphne du Maurier novel, starring Charles Dance.
 6.30 AM **An Inspector Calls** Drama based on JB Priestley's famous play, starring Alastair Sim. (1954, b/w, PG, 79min) ★★
 8.00 **The Brothers 8/13** (S5)
 9.05 **Cause célèbre** Crime drama starring Helen Mirren, Harry Andrews and David Suchet. (1987, 12, 133min) ★★

11.25 **The Last Man on Earth** Post-apocalyptic sci-fi horror. (1964, b/w, PG, 86min) ★★
 1.10 AM **Carry On Spying** Spoof. (1964, b/w, U, 84min) ★★
 2.55 **The Razor's Edge** Drama. (1984, 15, 128min) ★★
 5.30 to 6.00 AM **26 Men**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
9.00	LIVE DP World Tour Golf Coverage of the first day of the Qatar Masters at Doha Golf Club.
1.00	PM Good Morning Football
3.00	LIVE PGA Tour Golf Coverage of the early stages of day one of the WM Phoenix Open from TPC Scottsdale in Arizona.
7.00	LIVE EFL Cup Liverpool v Tottenham Hotspur. Coverage of the semi-final second-leg from Anfield, where the visitors begin with a 1-0 lead from the first leg. Kick-off 8.00pm.
11.00	LIVE PGA Tour Golf Further coverage of the opening day of the WM Phoenix Open staged at TPC Scottsdale in Arizona. Sahithi Theegala held the top spot on the leaderboard at the corresponding stage 12 months ago on a score of six-under, on a day that saw inclement weather force a three-hour stoppage.
1.00	AM LIVE ATP Tennis Coverage of day four of the ATP Dallas Open at Styling/Altec Tennis Complex in Dallas, Texas.
5.00	to 6.00 AM Sky Sports News

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Legends
8.00	Premier League Best Goals
9.00	Premier League 100 Club
10.00	The Football Show
12.00	NOON Gary Neville's Soccerbox Double bill.
1.00	PM Premier League Years A look back at memorable moments in the 2012/13 season.
3.00	PL Retro A replay of Arsenal v Manchester United from 1997.
5.00	Premier League Best Goals A selection of memorable strikes from the 2002/03 season.
6.00	PL 100: Thierry Henry An interview with the Arsenal legend.
6.30	Premier League 100 Club
7.00	The Big Interview
7.30	Premier League Stories
8.00	Gary Neville's Soccerbox
9.00	The Big Interview
9.30	Premier League Stories
10.00	Premier League Icons
11.00	Premier League Years A look back at the 2013/14 season.
1.00	AM PL Retro A replay of Chelsea v Liverpool from 2002/03.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL The 2014/15 play-offs.
9.00	EFL Greatest Games
10.00	EFL Cup Retro The 2015 final.
12.00	NOON EFL Cup
2.00	PM Bundesliga Highlights Show
3.00	WSL Recent action.
4.00	EFL Cup Highlights
4.30	EFL Highlights Action from Derby County v Sheffield United in the Championship.
4.45	Action from Hull City v Stoke City in the Championship.
5.00	Coventry City v Leeds United in the Championship.
5.15	Highlights from Burnley v Oxford United at Turf Moor.
5.30	WSL Manchester City v Arsenal.
6.00	EFL Cup Highlights Action from Newcastle United v Arsenal in the semi-final second-leg.
6.30	Bundesliga Weekly
7.00	LIVE EFL Cup Liverpool v Tottenham Hotspur. Coverage of the semi-final second-leg from Anfield. Kick-off is at 8.00pm.
11.00	Bundesliga Weekly
11.30	EFL Highlights
11.45	EFL Greatest Games
12.00	M'T EFL Cup Highlights
1.00	AM Celtic's Invincibles
2.00	to 6.00 AM SPFL Highlights

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Mumbai Indians v Royal Challengers Bangalore in 2024.
7.00	ICC Men's T20 World Cup
8.30	Quest: The Official Film
10.00	SA20 Highlights of the eliminator match in the T20 cricket competition in South Africa.
11.00	WPL Highlights from Mumbai Indians v Gujarat Giants in 2024.
12.00	NOON SA20 Recent highlights.
3.00	PM LIVE SA20 Coverage of the second qualifier in the T20 cricket competition in South Africa, as the loser of qualifier one faces the winner of the eliminator at SuperSport Park in Centurion.
7.30	Best of the Big Bash League
8.00	ICC Men's T20 World Cup England v South Africa in the Super Eight match from Daren Sammy National Cricket Stadium.
9.00	SA20 Highlights from the eliminator match in South Africa.
10.00	Highlights of the second qualifier from South Africa.
11.00	WPL Highlights from Mumbai Indians v Delhi Capitals in 2024.
12.00	M'T ICC Men's T20 World Cup
1.00	AM SA20 The second qualifier.
5.30	to 6.00 AM Jimmy Anderson's Greatest Spells

Sky Sports	Golf
405 515 505 423 443	
6.00	AM TGL Recent highlights.
8.00	PGA Tour Golf An event review.
9.00	LIVE DP World Tour Golf Coverage of day one of the Qatar Masters staged at Doha Golf Club.
2.00	PM My Ryder Cup
2.15	LIVE PGA Tour Golf Coverage of the early stages of day one of the WM Phoenix Open from TPC Scottsdale in Arizona.
9.00	LIVE PGA Tour Golf Further coverage of day one of the WM Phoenix Open at TPC Scottsdale, Arizona. Sahithi Theegala held the top spot on the leaderboard at the corresponding stage 12 months ago on a score of six-under, on a day that saw inclement weather force a three-hour stoppage.
1.00	AM Uncommon: Building a Boston Sports Team
1.30	Golf's Greatest Holes
2.00	Playing Lessons Golf tips.
3.00	DP World Tour Golf
4.00	PGA Tour Golf Phoenix Open.
5.00	to 6.00 AM Golf Academy

TNT Sports 1

410 870 527 408 430

6.00

AM SailGP – Racing on the Edge

6.30

T20 Cricket Highlights

7.30

LIVE

One Day International Cricket India v England.

Coverage of the first ODI in the three-match series from Vidarbha Cricket Association Stadium.

4.30

PM Women's Ashes

6.30

Premier League: Big Interview

7.00

Premier League Netbusters

7.30

Premier League Stories

8.00

Serie A – Full Impact

8.30

TNT Sports Reload

9.00

Test Cricket Highlights

Sri Lanka v Australia: Action from the first day of the second and final Test in the series staged at Galle International Stadium.

10.00

One Day International Cricket

11.00

NBA Action Highlights.

11.30

NBA Tip-Off Match previews.

12.30

AM

LIVE

NBA Boston Celtics v Dallas Mavericks.

Coverage of the inter-conference match from TD Garden. Tip-off 12.30am.

3.00

LIVE

NBA Los Angeles Lakers v Golden State Warriors.

Coverage of the Western Conference match from Crypto.com Arena. Tip-off is at 3.00am.

5.30

to 6.30 AM Inside the NBA

TNT Sports 2

411 **871** **528** **409** **431**

6.00	AM LIVE Test Cricket Sri Lanka v Australia. Coverage of the first day of the second and final Test in the series from Galle International Stadium.
12.30	PM TNT Sports Cricket Reload
1.00	Packer: The Man Who Changed Cricket Kerry Packer.
2.30	Fishing: On the Bank
3.30	Ultimate Pool Recent action.
5.00	Serie A – Full Impact
5.30	Test Cricket Highlights
6.30	Ninja A-League Women Highlights The 14th round.
7.00	TNT Sports Cricket Reload
7.15	Brothers in Football The story of a non-league side and their links to Brazilian giants Corinthians.
9.00	Crouchy and Cole
9.30	Fight Week UFC 312 preview.
10.00	UFC Countdown
11.00	UFC Another chance to see Israel Adesanya v Nassourdine Imavov.
2.00	AM UFC Countdown
3.00	TNT Sports Cricket Reload
3.15	Test Cricket Highlights
4.15	to 6.00 AM LIVE Test Cricket Sri Lanka v Australia. Coverage of the second day of the second and final Test in the series from Galle International Stadium.

TNT Sports 3

417

874

529

410

432

6.00

AM Premiership Women's Rugby Exeter Chiefs v Harlequins

7.00

Premiership Rugby Cup

8.00

TNT Sports Reload

8.30

Champions League Goals

8.45

Europa League Goals Reload

9.00

Serie A Action from Italy.

11.00

Classic Premier League

12.00

NOON TNT Sports Reload

12.30

PM Ninja A-League Women

1.00

Serie A – Full Impact

1.30

Vendee Globe Highlights

2.00

Premier League Reload

2.15

TNT Sports Reload

2.30

Classic Premier League

5.30

What I Wore John Barnes.

6.00

UEFA Champions League Greatest Nights Liverpool.

7.00

MotoGP Season reviews.

9.00

Ultimate Pool Action from Group Five of the Champions League.

10.30

Fishing: On the Bank

11.30

Serie A – Full Impact

12.00

M'T Test Cricket Highlights Action from Sri Lanka v Australia.

1.00

AM One Day International Cricket India v England.

2.00

Women's Ashes Highlights.

4.00

UEFA Champions League

4.30

Wembley: A Stage for Icons

5.15

to 5.45 AM Ninja A-League Women Highlights

Sky Sports	NFL
408 517 507 426 446	
6.00	AM Super Bowl LIV Highlights
8.00	NFL: America's Game
9.00	Super Bowl LVIII Highlights
10.00	Super Bowl LIV Highlights
12.00	NOON Super Bowl LVIII Bitesize San Francisco 49ers v Kansas City Chiefs from 2024.
12.15	PM NFL Bitesize Highlights
1.00	Good Morning Football
3.00	Super Bowl LVIII Bitesize
3.15	NFL Bitesize Highlights Kansas City Chiefs v Houston Texans in the first Divisional play-off match.
3.30	Highlights from Kansas City Chiefs v Buffalo Bills in the AFC Championship match.
3.45	Philadelphia Eagles v Washington Commanders in the NFC Championship match.
4.00	NFL Highlights Action from Kansas City Chiefs v Buffalo Bills in the AFC Championship match.
5.00	Action from Philadelphia Eagles v Washington Commanders in the NFC Championship match.
6.00	Super Bowl LVII Highlights
8.00	NBC's Pro-Football Talk
10.00	Super Bowl Live
12.00	M'T The Insiders The latest news.
1.00	AM The NFL Honours
4.00	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM WTA Tennis Singapore Open.
7.00	WTA & ATP Tennis
9.00	LIVE WTA & ATP Tennis Coverage from the WTA and ATP Tours, featuring the WTA Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.
8.00	PM LIVE ATP Tennis Coverage of day four of the ATP Rotterdam Open and ATP Dallas Open.
10.30	WTA Tennis Singapore Open.
11.30	ATP Tour This Week
12.00	M'T Bitesize Tennis
12.30	AM Frances Tiafoe Podcast
12.45	Mirra Andreeva Podcast 2024
1.00	LIVE ATP Tennis Further coverage of day four of the ATP Dallas Open from Styling/Altec Tennis Complex in Dallas, Texas.
5.00	to 6.00 AM ATP Tennis

TNT Sports 4

421

876

530

411

434

6.00

AM Ultimate Pool

7.30

Ninja A-League Women Highlights The 14th round.

8.00

MLB Classic Home Run Derbies.

11.45

In My Blood Chelcee Grimes.

12.00

NOON NBA Classic A look back at Portland Trail Blazers v Houston Rockets in the 2013/14 season.

1.00

PM NBA A recent match replay.

2.30

NBA Classic Los Angeles Clippers v San Antonio Spurs.

3.30

NBA A chance to see Oklahoma City Thunder v Phoenix Suns.

5.00

NBA Action Highlights.

5.30

NBA Originals A look back at Shaquille O'Neal's first season.

6.30

NBA A chance to see Oklahoma City Thunder v Phoenix Suns.

8.00

NBA Classic Chicago Bulls v Brooklyn Nets from 2012/13.

10.00

NBA A recent match replay.

11.30

MLB Classic Archive action.

12.15

AM MLB: 2016 Home Run Derby Archive action.

2.00

to 6.00 AM MLB Classic

Eurosport 1

413 870 **521** **412** **435**

6.00 AM Alpine Skiing In Saalbach.
7.00 Australian Open Tennis
9.00 Alpine Skiing From Austria
10.00 **LIVE Alpine Skiing** Coverage from Saalbach in Austria.
12.45 PM Ski Jumping
1.45 Winter Sport: Mikaela Shiffrin
1.50 Ski Jumping From Willingen.
2.50 Alpine Skiing In Saalbach.
4.50 **LIVE Freestyle Skiing** The big air events from Aspen, Colorado.
6.30 Alpine Skiing From Saalbach.
7.30 Winter Sport: Mia Brookes
7.50 **LIVE Snowboarding** Further coverage from Aspen, Colorado.
9.30 Freestyle Skiing Highlights.
10.30 Alpine Skiing From Austria.
11.30 Spirit of Yachting
12.00 M/T Cycling: Tour of Valencia
1.00 AM Cycling: Women's UAE Tour
2.00 Freestyle Skiing From Aspen.
3.00 Alpine Skiing In Saalbach.
4.00 Cycling: Tour of Valencia
5.00 to **6.00** AM Cycling: Women's UAE Tour

Eurosport 2

414

871

522

413

436

6.00

AM Snooker: Scottish Open

8.00

Dakar Rally A race review.

9.00

Cycling: AIUla Tour

9.55

Cycling: Tour of Valencia

10.50

LIVE

Cycling: Women's UAE Tour Coverage of the first stage.

12.35

PM Cyclo-Cross From Belgium.

1.00

Cycling: Paris-Roubaix

1.30

Cycling: Tour of Valencia

2.30

LIVE

Cycling: Tour of Valencia Coverage of stage two, a route of 164km from Canals to Mancomunitat de la Vallidigna.

4.00

Cycling: Women's UAE Tour

5.00

Snooker: UK Championship

7.00

Cycling: Women's UAE Tour

8.00

Cycling: Tour of Valencia

9.00

Snooker: Scottish Open

11.00

Cycling: Tour of Valencia

12.00

M/T Alpine Skiing In Saalbach.

1.00

AM Freestyle Skiing

2.00

Cycling: Tour of Valencia

3.00

Cycling: Women's UAE Tour

4.00

Freestyle Skiing From Aspen.

5.00

to 6.00 AM Alpine Skiing

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News A round-up of the latest sports news.
7.00	Good Morning Sports Fans Views on today's early stories and a look at the back pages.
9.00	LIVE WTA & ATP Tennis Coverage from the WTA and ATP Tours, featuring the WTA Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.
7.00	PM LIVE Premier League Darts Coverage of the opening night of the tournament staged at SSE Arena, with a format featuring quarter-finals, semi-finals and a final all in one night. The top four players on the PDC Order of Merit - Luke Humphries, Luke Littler, Michael van Gerwen and Rob Cross - automatically qualified for this season, and will be joined by Stephen Bunting, Gerwyn Price, Chris Dobey and Nathan Aspinall. See feature, page 28.
11.00	PM to 6.00 AM Sky Sports News

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 The Abu Dhabi Grand Prix qualifying session.
2.15	PM Ted's Notebook
2.45	The F1 Wheelchair
3.00	Formula 1 Another chance to see the 2024 Abu Dhabi Grand Prix staged at Yas Marina Circuit.
7.40	Ted's Notebook
8.10	F1 Explained: G-Force
8.15	Karun Meets Kimi Antonelli
8.30	Formula 1 Abu Dhabi Grand Prix.
10.45	72 Hours with Jack Doohan
11.00	Formula 1 Abu Dhabi Grand Prix.
12.00	M'T to 6.00 AM The Home of F1

Period Drama

**The Bikeriders***Sky Premiere, 11.25am & 8pm*

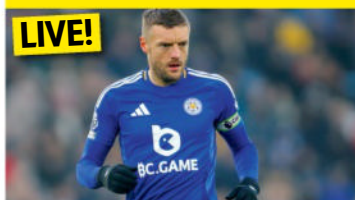
Austin Butler, Jodie Comer and Tom Hardy star in this 1960s drama about the rise and fall of a Chicago biker gang.

Factual

**Extraordinary Portraits with Bill Bailey***BBC1, 7.30pm*

Bill Bailey matches talented artists with inspiring subjects, as the series returns.

Football

**FA Cup: Fourth Round***ITV1, 8pm*

A weekend of FA Cup fourth-round action starts tonight with current holders Manchester United taking on Leicester.

OnDemand

NETFLIX

The Greatest Rivalry

Available today

Documentary tracing the rivalry between the great cricketing nations of India and Pakistan.

NEW

SKY EVENING TIME 7.00PM 7.30PM 8.00PM 8.30PM 9.00PM 9.30PM 10.00PM 10.30PM

FAVOURITES	101 BBC1	7.00 The One Show	7.30 Extraordinary...	8.00 Would I Lie to...	8.30 Amanda &...	9.00 Death in Paradise	10.00 News; Local News	10.40 Graham...
	102 BBC2	7.00 Yellowstone: The Blazing Summer	8.00 Monty Don's British Gardens	9.00 Uncanny	10.00 Uncanny...	10.30 Newsnight		
	103 ITV1	7.00 Emmerdale	7.30 FA Cup Football – Live: Manchester United v Leicester City (Kick-off 8.00)	10.20 News; Local News				
	104 CHANNEL 4	7.00 News	7.30 Food...	8.00 Alcohol-Free Booze – Is It Worth It?	9.00 8 Out of 10 Cats Does Countdown...	10.00 The Last Leg		
	105 CHANNEL 5	7.00 Inside the Hilton: Park Lane	8.00 The Good Ship Murder	9.00 Susan Calman's Cruise of a Lifetime	10.00 Joanna Lumley: My Best Bits – In My...			
	106 SKY SHOWCASE	7.00 The Simpsons	8.00 An Idiot Abroad	9.00 Hacks	10.20 A League of Their Own			
ENTERTAINMENT	115 BBC3	7.00 Top Gear	8.00 Celebrity Race Across the World	9.00 The Traitors US	10.00 Smoggie Queens			
	116 BBC4	7.00 TOTP: 1997	8.00 TOTP: 1981	8.40 TOTP: 1987	9.10 Abba at the BBC	10.10 Abba: Against the Odds		
	118 ITV2	7.00 Family Fortunes: Celebrity Christmas...	8.00 Gordon Ramsay's Food Stars USA	9.00 Love Island: All Stars	10.05 Family Guy			
	136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs	9.00 Astrid: Murder in Paris	10.05 24 Hours in A&E			
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons	9.00 Celebrity Gogglebox	10.00 Film: Meet the Parents		
	107 SKY WITNESS	7.00 Nothing to Declare	8.00 Caught on Dashcam	9.00 FBI	10.00 Blue Bloods			
	108 SKY ATLANTIC	6.45 Billions	7.55 Game of Thrones	9.00 The Last of Us	10.35 The Wire			
	110 U&GOLD	6.40 Dad's Army	8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder II	10.00 The Office	10.40 Good...	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games	9.00 QI XL	10.00 Have I Got a Bit More News for You			
	119 ITV3	6.55 Heartbeat	8.00 Midsomer Murders	10.00 Endeavour				
	120 ITV4	7.00 The Motorbike Show	8.00 Giant Lobster Hunters	9.00 Film: The Chronicles of Riddick	10.05 Film: The Chronicles of Riddick			
	112 COMEDY CENTRAL	7.00 Friends	9.00 The Best of Mr Bean	10.00 Kevin Bridges: A Whole Different Story				
DOCUMENTARY	139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead			
	113 SKY MAX	7.00 Stargate SG-1	8.00 An Idiot Abroad	9.00 Hacks	10.20 A League of Their Own			
	109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Father Brown	10.00 Death in Paradise			
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 Ella Fitzgerald: Live at Montreux	9.30 Ella Fitzgerald: Just One of Those Things				
	132 U&W	7.00 Property Brothers: Family Flashback	8.00 Inside the Ambulance	9.00 999 Rescue Squad	10.00 The Menendez Murders: Erik Tells All			
	125 DISCOVERY	7.00 Salvage Hunters	8.00 Gold Rush	9.00 Mystery at Blind Frog Ranch	10.00 Moonshiners			
FILMS – Sky Cinema	162 ANIMAL PLANET	7.00 Crikey! It's the Irwins	8.00 I'm Alive	9.00 I Was Prey	10.00 Alaskan Bush People			
	129 NAT GEO	7.00 Air Crash Investigation	9.00 Secrets of Area 51	10.00 UFOs: Investigating the Unknown				
	123 SKY HISTORY	7.00 Forged in Fire	8.00 Container Wars	9.00 Royal Autopsy	10.00 Ancient Aliens: Origins			
	155 U&YESTERDAY	7.00 Guy's Garage	8.00 Trawlermen: Hunting the Catch	9.00 The Warship: Tour of Duty	10.00 Bangers & Cash: Restoring Classics			
	121 SKY DOCS	6.00 Blur: To the End	8.00 Boyzone: No Matter What	9.00 Nothing Compares				
SPORT	301 PREMIERE	5.25 Furiosa: A Mad Max Saga	8.00 The Bikeriders	10.05 Bad Boys: Ride or Die				
	302 VALENTINE	6.00 Mamma Mia!	8.00 Mamma Mia! Here We Go Again	10.00 Sleepless in Seattle				
	303 HITS	5.50 The Mummy	8.00 The Mummy Returns	10.10 The Mummy: Tomb of the...				
	304 GREATS	5.40 A League of Their Own	8.00 Forrest Gump	10.25 Scent of a Woman				
	305 ANIMATION	5.55 The Super Mario Bros...	7.45 The Prince of Egypt	9.30 Deep Sea				
	306 FAMILY	5.50 Addams Family...	7.35 Wonka	9.45 Shazam! Fury of the Gods				
	307 STUNTS	5.50 Jason Bourne	8.00 Mad Max: Fury Road	10.00 Furiosa: A Mad Max Saga				
	308 COMEDY	6.10 The Invention of Lying	8.00 Crazy Rich Asians	10.05 The Edge of Seventeen				
	309 THRILLER	5.50 Murder by Numbers	8.00 Captain Phillips	10.20 Lawless				
	310 DRAMA	6.10 Mr Holmes	8.00 Jackie	9.45 Frost/Nixon				
SPORT	311 SCI-FI	6.15 A Quiet Place: Day One	8.00 Minority Report	10.35 If You...				
	313 FILM4	6.40 Jumanji: The Next Level	9.00 The Day After Tomorrow					
	401 MAIN EVENT	3.00 PGA Tour Golf – Live: The WM Phoenix Open						
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox	9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL...	7.20 Bundesliga – Live: Bayern Munich v Werder Bremen (Kick-off 7.30)	9.30 EFL Cup Highlights	10.30 Scottish...			
SPORT	404 CRICKET	7.00 On Safari with Makhaya Ntini	8.00 ICC Men's T20 World Cup	9.00 SA20				
	410 TNT SPORTS 1	7.00 Reload	7.30 Premiership Rugby Cup – Live: Sale Sharks v Doncaster Knights (Kick-off 7.45)	10.00 UEFA Magazine	10.30 PL Big Interview			
	411 TNT SPORTS 2	7.00 Isuzu UTE A-League	8.00 One Day International Cricket	9.00 Test Cricket Highlights	10.00 UFC Countdown			



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt **New edition**
 From Linfield Park racecourse. (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Father Brown **New episode** *The Cup of Calabria*: 5/10. The priest seeks a missing relic. (S12) (S)(AD)
2.45 Escape to the Country (S)(R)(AD)
3.45 The Travelling Auctioneers (S)(R)
4.30 The Repair Shop on the Road **New edition** The new generation of stonemasons being trained to save York Minster. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



8.30 Amanda & Alan's Spanish Job

- 7.00** The One Show
 Alex Jones and Roman Kemp present the topical show. (S)
7.30 **NEW SERIES** Extraordinary Portraits with Bill Bailey
 1/6. The founder of a cancer charity is depicted by artist Oriane Pierrepont. (S)(AD)
8.00 Would I Lie to You?
New edition With Katherine Parkinson Richie Anderson, Taj Atwal and Chris McCausland. (S)
8.30 Amanda & Alan's Spanish Job **New edition** 3/8. The duo tackle the kitchen. (S)(AD)
 ■ Entire series on BBC iPlayer
9.00 Death in Paradise
New episode 2/8. A mystery unravels in the jungle when a game show contestant is stabbed during filming of the grand finale. (S14) (S)(AD)
10.00 BBC News (S)
10.30 Local News (S)
10.40 The Graham Norton Show **New edition** 18/21. Graham is joined by Robert De Niro, Alan Carr, Holly Willoughby and Mikey Madison to discuss their latest projects. Plus, Elton John is joined by Brandi Carlile for a special performance. (S)
11.30 **FILM** Superbad Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse, Emma Stone, Bill Hader and Seth Rogen. (S)(AD) (2007, 15, 110min) ★★★★★
1.20 AM Weather for the Week Ahead Seven-day forecast. (S)
1.25 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Escape to the Country (S)(R)
7.15 The Repair Shop on the Road (S)
8.00 Sign Zone: Alison Hammond's Florida Unpacked (S)(R)(AD)
8.30 Sign Zone: Joanna Page's Wild Life Documentary. (S)(R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 South Pacific (S)(R)(AD)
4.15 Spring: Earth's Seasonal Secrets
5.15 Flog It! From Penrhyn Castle. (S)(R)
6.00 Richard Osman's House of Games **New edition** Karen Hauer, Storm Hentley, Joe Marler and Tom Read Wilson take part. (S)
6.30 Alison Hammond's Florida Unpacked **New edition** 10/15. Alison and Aidan join tourists on a trip around Key West. (S)(AD)



8.00 Monty Don's British Gardens

- 7.00** Yellowstone:
 The Blazing Summer
 3/3. Summer in Yellowstone brings a new challenge for the beavers as their river dries up, while the wolves have a surprising strategy to keep their pups fed. (S)(R)(AD)
8.00 Monty Don's British Gardens **Series finale** 5/5. The presenter travels across the south west of the country to visit some of Britain's most exotic gardens, thanks to the warm and wet climate. (S)(AD)
9.00 Uncanny
New edition 2/4. Danny Robins meets Sybil, the manager of a shop where multiple staff witnessed the terrifying presence of a man who appeared to be watching their every move. (S)(AD)
10.00 Uncanny: Post Mortem **New edition** 2/4. Danny Robins takes a deeper dive into strange encounters. (S)(AD)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 **FILM** Free Solo Documentary following Alex Honnold on his quest to make the first ascent of El Capitan in Yosemite National Park without ropes or safety gear. (S)(AD) (2018, 12, 100min) ★★★★★
12.45 AM Sign Zone: Great British Menu The two highest scoring chefs from the north-west cook six-course menus again. (S)(R)
1.45 Sign Zone: SAS Rogue Heroes (R)
2.45 to **6.00** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women Topical debate from a female perspective. (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Love Your Friday with Alan Titchmarsh **New edition** Highlights from the first series of *Love Your Weekend*, featuring interviews with Phil Spencer and Sarah Parish. (S)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Matt takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



7.00 Emmerdale

- 7.00** Emmerdale
 Leyla decides to open up, Charity makes a discovery, and Dawn is tempted. (S)(AD)
7.30 **LIVE** Football: FA Cup Manchester United v Leicester City: Mark Pougatch presents coverage of the opening tie of the fourth round from Old Trafford. United have struggled in the Premier League so far this season, but are the holders of this competition and eliminated Arsenal on penalties at the Emirates Stadium in the previous round. Leicester are also enduring a difficult top-flight campaign this term and are now managed by Ruud van Nistelrooy, who served United as caretaker manager earlier this season. Analysis from Roy Keane and Ian Wright, commentary by Sam Matterface and Lee Dixon, and reports from Gabriel Clarke. Kick-off is at 8.00. (S)
10.20 ITV News (S)
10.50 Local News (S)
11.10 Olivia Attwood's Bad Boyfriends 2/12. The eight bad boyfriends go back to basics in the brutal Brozone, and the first relationship test discovers how well the boys know their girlfriends. (S)(R)
12.00 M'T Teleshopping
3.00 AM Lingo Adil Ray hosts the word-based quiz as three pairs of contestants compete. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers 15-17/28. (S11) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 12-15/24. (S4) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From California. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** In France, Jon and Angela figure out the next steps for their wedding venue. (S)
5.00 Four in a Bed **New edition** Payment day arrives. (S)
5.30 Come Dine with Me **New edition** Fishmonger Bernadette hosts the final night in Glasgow. (S)
6.00 A Place in the Sun **New edition** A search for a holiday home in Torremolinos, southern Spain. (S)



4.00 A New Life in the Sun

- 7.00** News (S)
7.30 Food Unwrapped's Nordic Adventure
 Jimmy Doherty and Briony May Williams journey through the Nordic region, starting in west Norway. (S)(R)(AD)
8.00 **NEW** Alcohol-Free Booze – Is It Worth It?
 Denise Van Outen lifts the lid on alcohol-free drinks to see if these popular new drinks are everything that consumers hope they to be. (S)
9.00 8 Out of 10 Cats Does Countdown: Best Bits **New edition** Host Jimmy Carr and regular contributor Jon Richardson are joined by a host of top comedians for this compilation of best bits from the show. (S)
10.00 The Last Leg **New edition** Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests for a comic review of the significant moments from the past seven days. (S)
11.05 First Dates (S)(R)(AD)
12.10 AM Sarah Millican: Outsider Stand-up show recorded at the Brighton Dome. (S)(SL)(R)
1.05 **NEW** Random Acts: We're All Unwanted Somewhere (S)(AD)
1.10 **FILM** Made in Italy Comedy drama starring Liam Neeson. (S) (2020, 15, 95min) ★★
2.45 Ramsay's Hotel Hell (S)(R)(AD)
3.35 Jamie's Comfort Food (S)(R)
3.45 to **6.05** AM Frasier (S)(R)(AD)

+1 hour 204/208 304 15 121

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S9) (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.20 FILM A Daughter's Revenge
 Thriller starring Natalie Brown.
 (S) (2020, 12, 100min) ★★
4.00 Bargain-Loving Brits in the Sun **New edition** Klair gears up for a busy day at her Blackpool-themed bar. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life
 Julian Norton looks for edible treasures in woodlands, and Christa Ackroyd discovers an unpublished manuscript written by Charlotte Brontë. (S)(R)
6.55 News (S)



9.00 Cruise of a Lifetime

- 7.00 Inside the Hilton: Park Lane**
 4/4. The multimillion-pound renovation nears completion as the hotel's new lobby is finally opened. (S)(R)
7.55 News (S)

- 8.00 The Good Ship Murder** **New episode** *Alexandria*: 5/7. A pickpocketing ring spirals into murder when Lisa, one of the culprits, is killed, and Piers seizes the opportunity to accuse Jack of misconduct. (S2) (S)(AD)
9.00 Susan Calman's Cruise of a Lifetime
Series finale 6/6. Susan explores Greece and the Aegean Sea, starting in Athens where she soaks up views of the Acropolis, followed by a lively sailaway party. (S)

- 10.00 Joanna Lumley: My Best Bits – In My Own Words**
 The actor shares memories and anecdotes about memorable roles in shows including *The New Avengers*, *Sapphire and Steel* and *Absolutely Fabulous*. (S)(R)

- 12.05 AM Million Pound Motorhomes**
 James Martin heads out in his luxurious Hymer vehicle. (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 The Thames at Night
 with Tony Robinson (S)(R)
3.50 Our Great Yorkshire Life (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Breakfast with Anna Jones
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Orangutan Jungle School (R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 11/15. (S5) (S)(R)
5.00 The Simpsons A Serious Flanders – Part One:
 A ruthless debt collector comes to Springfield. (S)(R)
5.30 Night of the Living Wage: Marge gets a job in a high-pressure kitchen. (S)(R)
6.00 The Office (US) 15/26. Michael goes missing in Scranton. (S)(R)
6.30 16/26. Michael and Holly's kissing begins to irritate their co-workers. (S7) (S)(R)



9.00 Hacks

- 7.00 The Simpsons**
A Serious Flanders – Part Two: Ned worries the debt collectors will kill Homer if they don't get their money.
7.30 Portrait of a Lackey on Fire: Homer sets Smithers up with a fashion designer. (S)(R)

- 8.00 An Idiot Abroad**
 1/8. Ricky Gervais and Stephen Merchant send their friend and former radio producer Karl Pilkington on a world tour, beginning with a visit to China. (S)(R)

- 9.00 NEW SERIES Hacks**
There Is No Line: 1/10. Comedy drama starring Jean Smart and Hannah Einbinder. An ageing comedian and young writer join forces. (S)
9.40 New episode
Primm: 2/10. Ava needs to get to know Deborah a little better and joins her on a road trip. (S1) (S)

- 10.20 A League of Their Own**
 5/8. Sports-based comedy quiz, with England football star Ollie Watkins and comedians Kevin Bridges and Maisie Adam. (S)(R)

- 11.20 Boyzone: No Matter What**
 1/3. Documentary series about the boy band, featuring rare and exclusive interviews with the members. (S)(R)
12.20 AM Sex and the City 9&10/18. Double bill. (S3) (S)(R)
1.35 Road Wars Double bill. (S)(R)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 11/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
11.15am-12.15pm Homes Under the Hammer **New edition** (S) **11.30pm** Show People: Licensed to Thrill (S)(R)(AD) **12.30am FILM** Superbad (S)(AD) (2007, 15, 110min) ★★ ★★ **2.20** Weather for the Week Ahead (S) **2.25-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
 No variations

WALES

Sky 965, Virgin 864, Freesat 965
7.30-8.00pm Chris Cooks Cymru **New edition** (S) **11.30 FILM** Respect (S) (AD) (2021, 12, 140min) ★★ ★★ **1.50-6.00am** BBC News (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES

Sky 968, Freesat 968
7.00pm The Hairy Bikers' Bakeation (S)(R) **7.30-8.00pm NEW SERIES** Extraordinary Portraits with Bill Bailey (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Pen/Campwyr **1.30** Y Fets (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhaun Da **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **6.30** Heno **New edition** **6.57** Newyddion **7.00 LIVE** Clwb Rygbi Rhyngwladol – Dan 20 **9.20** Newyddion a'r Tywydd **9.55** Yn y Lwp **New edition** **10.30** Ar y Ffin (AD) **11.30pm-12.35am** Jonathan

TV&Satellite
New issue
on sale
now

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** The team drive muscle cars from San Francisco to Utah.
7.55 The Catch Up
8.00 Celebrity Race Across the World 6/6. The teams face the final leg in their journey, a 2,750km race across the Andes into Chile.
9.00 The Traitors US **New edition** 7/12. An all-star cast of celebrities plays the ultimate game of deception. The Traitors must lie their way to a prize pot of up to \$250,000 by secretly murdering the Faithful.
10.00 Smoggie Queens 4/6. Dickie concocts a murder mystery evening.
10.30 5/6. Stewart tries to keep his birthday low-key.
11.00 6/6. Middlesbrough Pride finds Mam hosting the main stage. (S1)
11.30 Boarders 1&2/6. (S2)
1.05 AM Top Gear
2.10 Eating with My Ex
2.40 Pobl Bachyn
2.50 to 3.50 AM Squad Goals: Dorking 'Til I Die

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Vintage Gems** Perfume-making.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Terry and Ashley attempt to bring their garden back to life.
5.50 Car S.O.S Tim Shaw and Fuzz Townshend take on a 1924 Austin 7 Chummy.
6.55 Tim and Fuzz get help from actor James Nesbitt.
7.55 Grand Designs Design engineer Joe and service designer Lina take on the London property market, as they attempt to build their own home on a small 38-square-metre plot.
9.00 Astrid: Murder in Paris **New episode** 30,000 Feet: 3/8. A serial killer dies while being transported by plane under Raphaëlle's supervision, and evidence surfaces confirming he was murdered by one of his fellow passengers. Subtitled. (S4)
10.05 24 Hours in A&E A young boy is airlifted to St George's.
11.10 A junior doctor works his first ever shift in resus.
12.15 AM 999: On the Front Line
 A man who has collapsed by the roadside is suspected of having taken drugs.
1.15 24 Hours in A&E
3.25 to 3.55 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM TOTP: 1997** Featuring Lisa Stansfield, INXS, Gina G and The Divine Comedy.
7.30 Music from Cast, 3T, N-Trance, The Charlatans and DJ Quicksilver.
8.00 TOTP: 1981 Performances by Joe Dolce, The Stray Cats, The Passions and Blondie.
8.40 TOTP: 1987 Featuring The Blow Monkeys, Randy Crawford, Curiosity Killed the Cat and Michael Crawford.
9.10 ABBA at the BBC
 A collection of memorable TV appearances by the pop group, with performances of *Waterloo*, *Dancing Queen*, *Does Your Mother Know* and *Thank You for the Music*.
10.10 ABBA: Against the Odds
 The Swedish band's musical evolution and legacy.
11.40 Joy of ABBA Exploring the band's heyday of the 1970s and early 1980s.
12.40 AM TOTP: 1997
1.40 TOTP: 1981 As 8.00pm.
2.20 TOTP: 1987 As 8.40pm.
2.50 to 3.50 AM
 Abba at the BBC

E4

135/136 830 106 13 122

- 6.00 AM Modern Family**
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons Double bill of the animated comedy.
7.30 Modern Family 16/18. Mitchell is having a hard time letting go of his old life. (S11)
8.00 The Simpsons / Won't Be Home for Christmas: Homer gets a little too drunk on Christmas Eve.
8.30 The Man Who Came to Be Dinner: The family visit the home planet of Kang and Kodos.
9.00 Celebrity Gogglebox
 Appraisals of *Bridgerton*, *MILF Manor* and *George Clarke's Amazing Spaces*.
10.00 FILM Meet the Parents
 Comedy starring Robert De Niro and Ben Stiller. A male nurse's efforts to impress his girlfriend's father disastrously backfire. (2000, 12, 108min) ★★ ★★
12.10 AM Naked Attraction
2.10 Gogglebox
3.10 Teen First Dates
4.05 to 6.00 AM
 Brooklyn Nine-Nine

+1 hour 235/236 306 30 123

Friday

primetime

primetime

Sky Witness

107 807 110 341 356

- 6.00 AM **The Force: Manchester**
- 7.00 **Motorway Patrol**
- 8.00 **Border Patrol**
- 9.00 **Border Security USA**
- 10.00 **Border Security: Canada's Front Line** Double bill.
- 11.00 **The Good Doctor** 2/18. (S1)
- 12.00 **NOON FBI** 4/13. (S6)
- 1.00 **PM FBI: International** (S3)
- 2.00 **FBI: Most Wanted** 4/13. The Task Force investigate a spate of crimes against indigenous women. (S5)
- 3.00 **Stop, Search, Seize**
- 4.00 **Nothing to Declare**



10.00 **Blue Bloods**

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Fish Town** Double bill.
- 8.00 **The Sopranos** 15&16/21. (S6)
- 10.05 **Billions** 1&2/12. (S5)
- 12.20 PM **Game of Thrones** (S3)
- 1.25 **Big Love** 11&12/12. (S1)
- 3.35 **The Sopranos** 15/21. Tony leaves town to avoid the FBI.
- 4.40 16/21. Tony is bitten by the gambling bug. (S6)
- 5.40 **Billions** 1/12. Chuck struggles to get his bearings as he and Wendy navigate a new normal.
- 6.45 2/12. Chuck wrestles with his demons and chooses a new path. (S5)



9.00 **The Last of Us**

Sky Max

113/114 813 111 346 351

- 6.00 AM **S.W.A.T.** 6&7/22. (S6)
- 8.00 **The Flash** 2/18. (S7)
- 9.00 **Stargate SG-1** 9&10/22. (S1)
- 11.00 **Manifest** 6/13. (S3)
- 12.00 **NOON The Flash** 3/18. (S7)
- 1.00 PM **S.W.A.T.** 8&9/22. (S6)
- 3.00 **NCIS: New Orleans** (S7)
- 4.00 **MacGyver** 11/15. (S5)
- 5.00 **Manifest** 5/13. Michaela's premonition leads her to pursue a fugitive. (S3)
- 6.00 **Stargate SG-1** 9/22. The team members are unable to help O'Neill when he begins to age rapidly. (S1)

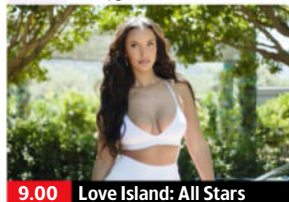


11.20 **Strike Back: Vengeance**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
- 9.00 **Totally Bonkers**
- Guinness World Records
- 9.05 **World's Funniest Videos**
- 10.00 **Secret Crush** Double bill.
- 12.00 **NOON Dinner Date**
- 1.00 PM **Supermarket Sweep**
- 2.00 **Family Fortunes: Celebrity Christmas Special**
- 3.00 **Charmed** 10/22. (S7)
- 4.00 **Gilmore Girls** 9/22. (S4)
- 5.00 **Dinner Date**
- 6.00 **Celebrity Catchphrase** With Bonnie Langford, Aston Merrygold and Liza Tarbuck.



9.00 **Love Island: All Stars**

ITV3

119 117 10 115

- 6.00 AM **Classic Emmerdale**
- 7.00 **Classic Coronation Street**
- 8.10 **A Touch of Frost**
- 10.35 **The Royal Waiifs and Strays**
- 11.40 **Heartbeat** Double bill.
- 1.40 PM **Classic Emmerdale**
- 2.40 **Classic Coronation Street**
- 3.40 **A Touch of Frost** *Keys to the Car*: Jack investigates the theft of a car, which is found along with the body of a drug dealer.
- 5.55 **Heartbeat From Ancient Grudge**: A series of crimes linked to an old farming feud turns deadly for Ventress.



8.00 **Midsomer Murders**

7 PM

- 7.00 **Nothing to Declare** Brisbane Airport is shut down after a bomb alert.
- 7.30 **Officers** deal with the 'lonely rider'.

8 PM

- 8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM

- 9.00 **FBI Best Laid Plans**: 9/13. Nina and Scola go undercover as a couple to find the person who killed an FBI agent. (S6)

10 PM

- 10.00 **Blue Bloods True Blue**: 4/20. Jamie investigates a bar used by the NYPD and FDNY to hide their criminal indiscretions. (S12)

- 11.00 **The Rookie** 17/20. (S2)
- 12.00 **MT The Rookie** 18/20. (S2)
- 1.00 AM **Law & Order: Organized Crime** 7/8. (S1)
- 2.00 **The Good Doctor** 5/18. (S1)
- 3.00 **Coroner** 4/12. (S4)
- 4.00 **Highway Patrol**
- 5.00 to 6.00 AM **Road Wars**

+1 hour 207 310

- 7.55 **Game of Thrones Kissed by Fire**: 5/10. The Hound is judged by the gods, while Jaime receives a different form of justice, and Tyrion learns the true cost of a wedding. (S3)

- 9.00 **The Last of Us** *When You're Lost in the Darkness*: 1/9. A hardened survivor is hired to smuggle a 14-year-old girl out of an oppressive quarantine zone. (S1)

- 10.35 **The Wire Reformation**: 10/12. Colvin tells Burrell about the free zones. (S3)

- 11.40 **Mussolini: Son of the Century** 1/8. Italian drama chronicling Benito Mussolini's rise to power. Subtitled. (S1)
- 12.55 AM **Band of Brothers** (S1)
- 2.15 **The Gilded Age** 6/8. (S2)
- 3.20 **Game of Thrones** As 7.55pm.
- 4.20 to 6.00 AM **Urban Secrets**

+1 hour 208/209

- 7.00 **Stargate SG-1 Thor's Hammer**: 10/22. O'Neill and Teal'c become trapped underground. (S1)

- 8.00 **An Idiot Abroad** 1/8. Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning in China.

- 9.00 **NEW SERIES Hacks** 1/10. Comedy drama starring Jean Smart.
- 9.40 **New episode** 2/10. Ava joins Deborah on a road trip. (S1)

- 10.20 **A League of Their Own** Sports-based quiz with Ollie Watkins, Maisie Adam and Kevin Bridges.

- 11.20 **Strike Back: Vengeance** 5/10. Matlock and Kohl kidnap a woman and her son. (S3)
- 12.15 AM **The Force: North East** The team go in search of a missing schoolboy.
- 1.10 **Road Wars** Double bill.
- 3.00 **NCIS: New Orleans** (S7)
- 4.00 **MacGyver** 11/15. (S5)
- 5.00 to 6.00 AM **Highway Patrol**

- 7.00 **Family Fortunes: Celebrity Christmas Special** With Shirley Ballas, Vogue Williams and Spencer Matthews.

- 8.00 **Gordon Ramsay's Food Stars USA Series finale** The three finalists pitch themselves and their businesses to experts.

- 9.00 **Love Island: All Stars** **New edition** It has been a rollercoaster week as the Islanders are determined to reach the end.

- 10.05 **Family Guy** 1/7. First-ever episode of the animated comedy. (S1)
- 10.35 15/20. Carter adopts a young girl from an orphanage. (S21)

- 11.05 **Family Guy** 16/20. Peter tries to take advantage of a work bereavement policy. (S21)
- 11.35 **American Dad!** 7&1/23. (S1)
- 12.35 AM **Bob's Burgers** (S10)
- 1.35 **Deep Fake Neighbour Wars** to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

- 6.55 **Heartbeat The Great Ming Mystery**: A visitor is suspected of being involved in the theft of a priceless Ming vase.

- 8.00 **Midsomer Murders** *Death in the Slow Lane*: A DJ judging a classic-car show is crushed to death, giving John Barnaby his first murder case since taking over from cousin Tom – and as the death toll rises, he finds himself in a perilous situation.

- 10.00 **Endeavour Trove**: A baffling suicide, an anguished father looking for his missing daughter and a smash-and-grab robbery throw Morse in at the deep end as he returns to work.

- 12.00 **MT Trial & Retribution** 2/2. As a third victim is murdered, Marilyn soon identifies the man responsible. (S2)
- 2.05 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.30 **LIVE SportsScene: Scottish Cup** *Ayr United v Hibernian*: Coverage of the fifth-round tie from Somerset Park. Kick-off is at 7.45.
- 10.00 **Still Game** 6/6. The residents watch the demolition of the Craiglang tower block, while Tam drags Winston into a new money-making scheme. (S7)
- 10.30 **Dinosaur** 3/6. Nina is looking forward to her first date with Lee, until Evie drops the bombshell that the bridesmaid's dress fitting has been moved to the same time as the date. (S1)
- 11.00 PM to 12.00 MT **TRNSMT** Featuring performances by Alison Goldfrapp, Blossoms and Liam Gallagher.

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **Mr Mayor** (S1)
- 9.00 **The Conners** (S3)
- 10.00 **Silicon Valley** (S6)
- 11.20 **High Maintenance** (S3)
- 12.45 PM **Entourage** (S7)
- 2.10 **Silicon Valley** (S6)
- 3.35 **High Maintenance** (S3)
- 5.00 **Mr Mayor** (S1&2)
- 6.00 **The Office (US)** (S7)
- 7.00 **The Conners** (S3)
- 8.00 **Mr Mayor** 2/10. The vibe quickly goes wrong for Mayor Neil Bremer.
- 8.30 4/10. Arpi and Jayden get to know each other on a road trip to Sacramento. (S1)
- 9.00 **Veep** 3/10. Selina makes a mistake on Twitter.
- 9.40 4/10. Selina's mother has a stroke. (S5)
- 10.20 **The Tonight Show Starring Jimmy Fallon** **New edition** Chat show.
- 11.20 **Sex and the City** (S3)
- 12.40 AM **And Just Like That...**
- 2.20 **Mr Mayor** (S2)
- 3.20 to 5.00 AM **High Maintenance**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **Tchaikovsky: Swan Lake** From 2014.
- 8.25 **The Joy of Painting**
- 9.00 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **Discovering**
- 12.00 **NOON Portrait Artist...**
- 1.00 PM **Tales of the...**
- 2.00 **Hepworth**
- 3.00 **Discovering**
- 4.00 **Classic Albums**
- 5.00 **Portrait Artist 2020**
- 6.00 **Tales of the Unexpected**
- 7.00 **Alfred Hitchcock Hour**
- 8.00 **Ella Fitzgerald: Live at Montreux** From 1969.
- 9.30 **Ella Fitzgerald: Just One of Those Things**
- 11.30 **Music Icons**
- 12.00 MT **Johnson & Knopfler's Music Legends** Nile Rodgers.
- 1.00 AM **Earth, Wind & Fire** Experience feat. Al McKay Play Avo Session
- 2.35 **James Brown: Live at Montreux**
- 4.00 **Big Design Challenge**
- 5.00 to 6.00 AM **Auction**

Sky Mix

151 135 11 141

- 7.00 AM **Nothing to Declare**
- 9.00 **Monkey Life**
- 10.00 **Stop, Search, Seize**
- 11.00 **Highway Patrol**
- 12.00 **NOON Motorway Patrol**
- 1.00 PM **Border Patrol**
- 2.00 **Monkey Life**
- 3.00 **Nothing to Declare**
- 4.00 **Star Trek: The Next Generation** 25/26. (S6)
- 5.00 **Stargate Atlantis** (S1)
- 6.00 **Star Trek: Deep Space Nine** 19/26. (S7)
- 7.00 **Star Trek: Voyager** (S4)
- 8.00 **Hawaii Five-0** (S7)
- 10.00 **S.W.A.T.** 16/22. (S1)
- 11.00 **Twisted Killers** A man who terrified locals in Columbia, South Carolina, with a shooting spree.
- 12.00 MT **Britain's Most Evil Killers** Arthur Hutchinson.
- 1.00 AM **Nothing to Declare**
- 2.00 **Brit Cops: Law & Disorder** Documentary.
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 to 6.00 AM **Highway Cops**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
- 7.40 **Backyard Builds** **New edition** DIY series.
- 8.10 **Olivia Meets Her Match**
- 9.10 **John and Lisa's Food Trip** Down Under
- 10.10 **Buying and Selling**
- 11.10 **The Real Housewives of Beverly Hills**
- 12.05 PM **Olivia Meets Her...**
- 1.05 **The Only Way Is Essex**
- 2.05 **Dinner Date**
- 3.10 **Scott's Vacation House Rules** **New edition**
- 4.05 **The Real Housewives of Beverly Hills**
- 5.00 **Real Housewives of New Jersey** **New edition**
- 6.00 **Making It Home** with Kortney & Kenny
- 7.00 **John and Lisa's Food Trip** Down Under
- 8.00 **Dinner Date**
- 9.00 **Botched** Double bill.
- 10.55 **Dr. 90210**
- 11.50 **The Only Way Is Essex**
- 12.50 AM **Backyard Builds**
- 1.15 to 1.30 AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Diagnosis Murder**
- 10.00 **Father Dowling Mysteries** 12/13. (S2)
- 11.00 **Sue Thomas: F.B. Eye**
- 12.00 **NOON Hart to Hart**
- 2.00 PM **Father Dowling Mysteries** 4/22. (S3)
- 3.00 **Diagnosis Murder**
- 5.00 **Murder, She Wrote**
- 7.00 **M*A*S*H** 4-7/22. (S10)
- 9.00 **Randall and Hopkirk (Deceased)** *The Ghost Who Saved the Bank at Monte Carlo*: 11/26. Marty's elderly aunt needs protection. (S1)
- 10.00 **The New Avengers** *Emily*: 13/13. A mysterious agent leaves a palm print on a car. (S2)
- 11.00 **The Persuaders!** (S1)
- 12.00 MT **M*A*S*H** (S10)
- 2.00 AM **Randall and Hopkirk (Deceased)**
- 3.00 **The Persuaders!** (S1)
- 4.00 **Highway to Heaven**
- 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

- 120 118 26 117**
- 6.00 AM Minder
 - 7.05 The Professionals
 - 8.10 Casebook of Sherlock Holmes Murder mystery.
 - 9.20 Magnum, PI
 - 10.20 Kojak
 - 11.25 BattleBots
 - 12.25 PM Casebook of Sherlock Holmes Murder mystery.
 - 1.35 Magnum, PI
 - 2.35 Kojak
 - 3.40 Minder
 - 4.50 The Professionals
 - 5.55 BattleBots **New edition**



9.00 The Chronicles of Riddick

- 7.00 **The Motorbike Show** Henry Cole goes riding in the Yorkshire Dales and also begins the rebuild of his vintage BSA Goldstar.
- 8.00 **Giant Lobster Hunters** With Myles and Timmy's relationship at breaking point, Myles decides to employ another deckhand.
- 9.00 **FILM The Chronicles of Riddick** Sci-fi action adventure sequel to *Pitch Black*, starring Vin Diesel. Intergalactic fugitive Riddick encounters a ruthless race of warriors determined to take over the universe. (2004, 15, 119min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.20 **Wrestling: AEW Dynamite** Hard-hitting wrestling action.
- 1.20 **AM Dark Side of the Ring** **New edition** The Dynamite Kid's legacy is destroyed.
- 2.10 **Auto Mundial**
- 2.35 to 3.00 AM **Motorsport Mundial**

+1 hour **220 318 118**

Sky Sci-Fi

- 139/140 836 122 348 363**
- 6.00 AM Most Haunted
 - 8.00 Teleshopping
 - 11.00 Star Trek: The Next Generation 16/26. (S3)
 - 12.00 NOON Star Trek: Voyager
 - 1.00 PM Star Trek: Deep Space Nine 6/26. (S6)
 - 2.00 Warehouse 13 12/13. (S2)
 - 3.00 Stargate SG-1 18/20. (S8)
 - 4.00 Star Trek: Voyager (S2)
 - 5.00 Star Trek: Deep Space Nine
 - 6.00 Star Trek: The Next Generation 16/26. Data creates an android daughter. Guest stars Hallie Todd. (S3)



11.00 True Blood

- 7.00 **Warehouse 13 Reset:** 12/13. Pete and Myka leave Egypt to find out which artefact HG Wells was searching for. (S2)
- 8.00 **Stargate SG-1 Threads:** 18/20. Carter has doubts about her relationship with Pete. Guest stars Isaac Hayes. (S8)
- 9.00 **Grimm Bad Moon Rising:** 3/22. An old friend of Hank's searches for his missing daughter. (S2)
- 10.00 **The Walking Dead Hounded:** 6/16. Rick suffers a breakdown, and Michonne sets an ambush for her pursuers. (S3)
- 11.00 **True Blood** 9/12. Bill breaks a taboo by protecting Sookie. 12.00 M/T 10/12. Sam shares his secret with Sookie, and Bill waits for the Magister to decide how he should be punished for killing Longshadow. (S1)
- 1.00 AM **SurrealEstate** (S1)
- 3.00 **Room 104** 3&4/12. (S4)
- 4.00 to 6.00 AM **Most Haunted**

+1 hr **241/269 320/362 130**

U&Alibi

- 109/110 809 114 343 358**
- 7.15 AM Murdoch Mysteries (S9)
 - 9.00 Father Brown
 - 10.00 The Doctor Blake Mysteries
 - 11.00 Hudson & Rex 10/16. (S3)
 - 12.00 NOON The Mentalist (S4)
 - 1.00 PM Death in Paradise (S4)
 - 2.00 Murdoch Mysteries (S9)
 - 4.00 The Doctor Blake Mysteries
 - 5.00 Hudson & Rex 10/16. An arsonist begins terrorising a neighbourhood. (S3)
 - 6.00 **Father Brown The Final Devotion:** The priest joins forces with Flambeau to search for a lost treasure.



4.00 The Doctor Blake Mysteries

- 7.00 **The Mentalist War of the Roses:** 15/24. A woman convicted of murdering her husband helps Jane track down a killer. (S4)
- 8.00 **White Collar Stealing Home:** 15/16. A New York Yankee fan recruits Neal to help him steal a piece of memorabilia. (S3)
- 9.00 **Father Brown The Darkest Noon:** Mallory and Father Brown go missing, and it is up to the gang to save them.
- 10.00 **Death in Paradise She Was Murdered Twice:** 7/8. A company boss is killed during a team-building exercise. (S4)
- 11.00 **The Mentalist As 7.00pm.**
- 12.00 **M/T White Collar As 8.00pm.**
- 1.00 AM **CSI: Vegas** 20/21. An investigative reporter is found dead at a peanut factory. (S2)
- 1.55 **So Help Me Todd** 10/21. (S1)
- 2.50 to 4.00 AM **Murdoch Mysteries**

+1 hour **209/210 314**

U&Gold

- 110/111 810 124 344 359**
- 7.30 AM Highlights
 - 9.20 The Green Green Grass
 - 10.00 Are You Being Served?
 - 10.40 Porridge
 - 11.20 Last of the Summer Wine
 - 12.40 PM The Green Green Grass
 - 1.20 The Good Life
 - 2.00 Dad's Army
 - 2.40 Porridge
 - 3.20 Are You Being Served?
 - 4.00 Last of the Summer Wine
 - 5.20 The Green Green Grass
 - 6.00 Are You Being Served?
 - 6.40 Dad's Army



9.20 Blackadder II

- 7.20 **Dad's Army Sergeant Wilson** inherits a title following the death of an elderly relative.
- 8.00 **The Good Life** Tom and Barbara's difficulties are dwarfed by those of Jerry.
- 8.40 **The Thin Blue Line** Fowler tests the ethnic tolerance of his officers.
- 9.20 **Blackadder II** Edmund and Lord Melchett are kidnapped. Guest stars Stephen Fry.
- 10.00 **The Office** The Swindon merger goes through and the new staff arrive in Slough for their first day.
- 10.40 **The Good Life As 8pm.**
- 11.20 **The Thin Blue Line**
- 12.00 **M/T Blackadder II**
- 12.40 AM **The Office**
- 1.20 **The Thin Blue Line**
- 2.00 **Blackadder II**
- 2.35 to 4.00 AM **The Outlaws** Frank looks back on his glory days in the 1980s.

+1 hour **210/211 324**

U&Dave

- 111/112 811 127 19 157**
- 7.15 AM Total Wipeout: Freddie & Paddy Takeover
 - 8.00 Cop Car Workshop
 - 10.00 **Extreme Fishing with Robson Green: At the Ends of the Earth** Double bill.
 - 12.00 NOON **American Pickers**
 - 2.00 PM **How Britain Worked**
 - 3.00 **Top Gear** Double bill.
 - 5.00 **Hairy Bikers' Best of British** Si and Dave celebrate Britain's love of seafood.
 - 6.00 **Rick Stein's Long Weekends** The chef embarks on a winter break in Reykjavik.



9.00 QI XL

- 7.00 **Would I Lie to You?** With Rebecca Front, Jack Whitehall, Nick Hewer and Miranda Hart.
- 7.40 **Richard Osman's House of Games** With Shazia Mirza and Joe Thomas. 8.20 With Kemah Bob, JJ Chalmers, Kevin Clifton and Victoria Derbyshire.
- 9.00 **QI XL** Guests Bill Bailey, Phill Jupitus and Claudia Winkleman join regular panellist Alan Davies and host Sandi Toksvig.
- 10.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with Miles Jupp and Olivia Uteley.
- 11.00 **8 Out of 10 Cats**
- 12.00 **M/T Mock the Week**
- 12.40 AM **Would I Lie to You?**
- 2.00 **Hate Thy Neighbour**
- 2.45 **Two Pints of Lager and a Packet of Crisps**
- 3.30 to 4.00 AM **Meet the Richardsons**

+1 hour **211/212 327 74**

4seven

- 137/138 143 49 127**
- 9.00 AM **Four in a Bed**
 - 9.30 **Sun, Sea and Selling Houses** Double bill.
 - 11.30 **A Place in the Sun**
 - 2.30 PM **Come Dine with Me**
 - 5.00 **A Place in the Sun**
 - 6.00 **Location, Location, Location** From Surrey.
 - 7.00 **The Dog House** Parents Kirsty and Oliver think a dog can wear out their two-year-old Stanley.
 - 8.00 **Kirstie and Phil's Love It or List It** A couple decide whether to renovate or move from their Lancashire home.
 - 9.00 **George Clarke's Building Home** Meeting people who are taking on challenging builds.
 - 10.00 **Celebrity Gogglebox**
 - 11.05 **Gogglebox**
 - 12.05 AM **8 Out of 10 Cats Does Countdown**
 - 1.05 AM **First Dates**
 - 2.10 **Dubai: Buying the Dream** Double bill.
 - 4.05 to 5.00 AM **George Clarke's Building Home**

+1 hr **241/269 320/362 130**

5USA

- 141/169 120/162 21 129**
- 9.00 AM **NCIS** 14-16/24. (S8)
 - 12.00 NOON **Law & Order**
 - 6.00 PM **NCIS Thrift:** 6/24. A US Navy lieutenant dies of overhydration. 7.00 **Devil's Triangle:** 7/24. A Homeland Security employee suddenly disappears. 8.00 **Engaged - Part One:** 8/24. An aircraft carrying dead US Marines crashes. 9.00 **Engaged - Part Two:** 9/24. Ziva and Gibbs set out to rescue the captured Marine. (S9)
 - 10.00 **Law & Order: Special Victims Unit Learning Curve:** 21/23. A gang are suspected of a series of sexual assaults. (S13)
 - 11.00 **Law & Order: Special Victims Unit** (S13)
 - 1.55 AM **Blue Bloods** (S6)
 - 2.50 **New York Undercover**
 - 3.35 to 4.00 AM **Car Pound Cops**

+1 hr **241/269 320/362 130**

5STAR

- 128/129 126 32 131**
- 8.00 AM **22 Kids & Counting**
 - 9.00 **Bargain-Loving Brits in the Sun**
 - 10.00 **Nightmare Tenants, Slum Landlords**
 - 11.00 **Traffic Cops** Triple bill.
 - 2.00 PM **Police Interceptors**
 - 5.00 **Car Pound Cops**
 - 6.00 **Home and Away**
 - 7.00 **GPs: Behind Closed Doors** Medical series.
 - 8.00 **Casualty** 24/7: Every Second Counts
 - 9.00 **FILM Sherlock Holmes: A Game of Shadows** Guy Ritchie's rollicking action adventure sequel. (2011, 12, 128min) ★★★
 - 11.40 **FILM Austin Powers in Goldmember** Spoof espionage thriller sequel starring Mike Myers. (2002, 12, 93min) ★★★
 - 1.40 AM **Accused** **New episodes** (S1)
 - 3.20 **Home and Away**
 - 3.45 to 4.00 AM **Entertainment News**

+1 hour **228/229 326 140**

5Action

- 150 130 33 132**
- 9.00 AM **Outback Truckers**
 - 10.00 **Traffic Cops**
 - 11.00 **Police Interceptors**
 - 12.00 NOON **FILM Chief Crazy Horse** Western starring Victor Mature. (1955, PG, 88min) ★★
 - 1.50 PM **FILM Arrowhead** Western adventure starring Charlton Heston and Jack Palance. (1953, U, 105min) ★★
 - 4.00 **Outback Truckers**
 - 5.00 **Traffic Cops**
 - 6.00 **Police Interceptors**
 - 9.00 **Police Code Zero: Officer Under Attack**
 - 10.00 **Police Interceptors**
 - 11.00 **Motorway Cops: Catching Britain's Speeders** An angry van driver gives an officer a dressing down.
 - 12.05 AM **Broadmoor: For the Criminally Insane**
 - 1.05 **999: Criminals Caught on Camera**
 - 2.05 to 4.00 AM **Trucking Hell**

+1 hour **232/233 325**

U&W

- 132/133 827 125 25 156**
- 6.10 AM **Inside the Ambulance**
 - 7.00 **My Dream Home**
 - 8.00 **Tipping Point**
 - 11.00 **DIY SOS: The Big Build**
 - 12.00 NOON **DIY SOS: Homes for Veterans**
 - 1.00 PM **Tipping Point**
 - 4.00 **My Dream Home**
 - 6.00 **DIY SOS: Homes for Veterans** In Manchester.
 - 7.00 **Property Brothers: Family Flashback**
 - 8.00 **Inside the Ambulance** Loz and Dan rush to a man with chest pains who is fighting for breath.
 - 9.00 **999 Rescue Squad** The team help a critically injured biker.
 - 10.00 **The Menendez Murders: Erik Tells All** Erik and Lyle are sent to separate prisons.
 - 11.00 **Gavin & Stacey**
 - 1.00 AM **Celebrity MasterChef Australia**
 - 2.20 to 3.00 AM **Date Night**

+1 hour **232/233 325**

7 PM

8 PM

9 PM

10 PM

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Mallorca.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 Yorkshire Air 999
New edition From locals hurt at work to high-speed crashes and tourists in trouble on the coast, the Yorkshire Air Ambulance races against time to save lives.
10.00 Helicopter ER A man is in danger of losing his leg after an accident.
11.00 The team battle to save an elderly farmer after a car crash.
12.00 M.T. Help! My House Is Haunted Reality series.
2.00 AM Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Homestead Rescue: Raney Ranch
1.00 PM Aussie Gold Hunters
3.00 Yukon Gold Double bill.
5.00 Alaskan Bush People
7.00 Deadliest Catch
Josh and Casey attempt Jonathan's strategy for tracking king crab.
8.00 As a typhoon hits the Bering Sea, the *Southern Wind* collides with the *Summer Bay*.
9.00 Wheeler Dealers
Mike Brewer finds a rare Land Rover Series 1.
10.00 Mike snaps up a Jaguar S-Type with 195,000 miles.
11.00 Aussie Gold Hunters
12.00 M.T. Naked and Afraid
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
9.00 The Great Pottery Throw Down Amateur potters gather to take part in a contest, beginning by making a 16-piece dinner set and decorating a pair of jugs.
10.00 My Lottery Dream Home Double bill.
11.00 Home Town Ben and Erin turn a home into a spacious farmhouse for a growing family.
12.00 M.T. Good Bones
1.00 AM Building Alaska
2.00 Flip or Flop Double bill.
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Through the Keyhole
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the quiz show.
4.00 Blockbusters Double bill of the game show.
5.00 The Crystal Maze
Game show hosted by Richard O'Brien.
6.00 Through the Keyhole
Double bill of editions.
7.00 Tenable Quiz hosted by Warwick Davis.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable Warwick Davis hosts as a family of five from Glasgow take part in the quiz show.
11.00 Bullseye Double bill of the darts-based quiz.
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable As 10.00pm.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM James Martin's French Adventure
7.00 The Pioneer Woman
9.00 The Hairy Bikers Go North Double bill.
11.00 Great British Bake Off
1.00 PM Rick Stein's Food Heroes Double bill.
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 The Hairy Bikers Go North Double bill.
7.00 Great British Bake Off
9.00 Rick Stein's Food Heroes The celebrated chef visits Scotland.
9.30 The chef makes his way up to John O'Groats.
10.00 James Martin's French Adventure
The chef visits Burgundy.
11.00 Diners, Drive-Ins and Dives Four editions.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish
3.00 Outdaughters: Busby Quints Double bill.
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 1000-lb Sisters
Tammy goes to rehab.
8.00 My 600lb Life: Where Are They Now?
An update on Milla, who after three years has had five surgeries.
10.00 My 600lb Life
12.00 M.T. Monsters Inside Me
1.00 AM Extreme Couponing
2.00 My 600lb Life
4.00 to 6.00 AM
My 600lb Life: Where Are They Now?

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM Wild West Chronicles
8.30 FILM The Professionals
Adventure. (1966, PG, 117min) ★★★★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM FILM The Quick & the Dead Western. (1987, PG, 94min) ★★★★★
3.00 FILM Cowboy Western. (1958, PG, 90min) ★★★★★
5.00 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 FILM Gunfight at the OK Corral Western starring Burt Lancaster and Kirk Douglas. (1956, PG, 122min) ★★★★★
10.45 FILM Machete Thriller starring Danny Trejo. (2010, 18, 104min) ★★★★★
1.05 AM FILM Bermuda Tentacles Action thriller. (2014, 12, 86min) ★★
3.00 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 19/25. (S2)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 13/22. (S3)
11.00 FILM Stormageddon Thriller with Joseph Gatt. (2015, PG, 90min) ★★
1.00 PM FILM Brothers of the Frontier Western. (1995, U, 87min) ★★
3.00 FILM This Savage Land Western. (1969, PG, 97min) ★★
5.00 Star Trek 18/30. (S1)
6.00 T.J. Hooker 14/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 FILM Haywire Thriller with Gina Carano. (2012, 15, 88min) ★★★★★
10.55 FILM Split Second Sci-fi horror thriller. (1991, 18, 90min) ★
12.45 AM FILM Midnight Run Comedy thriller. (1988, 18, 122min) ★★★★★
3.15 to 4.50 AM FILM Black Rock Horror thriller. (2012, 15, 78min) ★★★★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 New Girl 3&5/22. (S4)
10.00 Home Improvement
12.00 NOON Last Man Standing (S9&1)
1.00 PM Friends (S3)
7.30 Friends 17/25. Ross and Rachel's separation begins to cause some friction in the group.
8.00 18/25. Frank makes an announcement.
8.30 19/25. Monica dates a millionaire. (S3)
9.00 The Best of Mr Bean
10.00 Kevin Bridges: A Whole Different Story
11.00 FILM Pineapple Express Comedy thriller. (2008, 18, 111 min) ★★★★★
1.15 AM Impractical Jokers
2.15 Who's Line Is It Anyway? USA
3.10 Key & Peele
3.50 The Daily Show
New edition Talk show.
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM FILM Garage Sale Mysteries: Guilty Until Proven Innocent Thriller. (2016, PG, 85min) ★★
10.55 FILM A Deadly Lullaby Thriller. (2020, 12) ★
12.50 PM FILM Secrets in the Snow Thriller. (2020, PG, 90min) ★
2.45 FILM Past Sins Thriller. (2006, 12, 88min) ★★
4.35 FILM Pretty Little Stalker Crime thriller. (2018, PG, 87min) ★★
6.25 FILM Vertical Limit Adventure thriller. (2000, 12, 124min) ★★★★★
9.00 FILM Gone Baby Gone Crime drama. (2007, 15, 109min) ★★★★★
11.30 FILM All the Money in the World Drama. (2017, 15, 132min) ★★★★★
2.20 AM FILM Earthstrophe Thriller. (2016, PG) ★★
4.00 to 6.00 AM FILM Target: My Daughter Thriller. (2017, 12, 92min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM FILM Slipstream As shown at 5.00pm.
8.00 FILM The Land That Time Forgot Fantasy. (2009, 12, 90min) ★★
10.00 Farscape 17/22. (S1)
11.00 FILM 7 Guardians of the Tomb Adventure. (2018, 12, 90min) ★★
1.00 PM FILM The Day the Earth Stopped Thriller. (2008, 15, 90min) ★★
3.00 Farscape 17/22. (S1)
4.00 Star Trek 26/30. (S1)
5.00 FILM Slipstream Thriller. (1989, PG, 101 min) ★
7.00 Farscape 18/22. (S1)
8.00 Star Trek 27/30. (S1)
9.00 FILM The Iron Mask Action adventure starring Jason Flemyng. (2019, 12, 0min) ★★
11.20 FILM Death Race 2000 Darkly comic sci-fi thriller. (1975, 18, 90min) ★★★★★
1.00 to 3.00 AM FILM The Howling Horror. (1980, 18, 91 min) ★★★★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers: The Inspired Unemployed
10.00 Becker 6&7/22. (S1)
11.00 Friends (S3)
1.00 PM Criminally Funny
2.30 Impractical Jokers: The Inspired Unemployed
3.00 Who's Line Is It Anyway? USA
4.00 New Girl 3&5/22. (S4)
5.00 Becker 6&7/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing
9.00 Who's Line Is It Anyway? USA
10.00 Friends 13-16/24. (S2)
12.00 M.T. Comedy Central Live Stand-up comedy.
1.00 AM Lee Evans: The Ultimate Experience
2.45 Al Murray: The Pub Landlord - Live at the Palladium
4.05 Key & Peele
4.55 Beavis and Butt-Head
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.00 AM FILM Sweet As Maple Syrup Comedy. (2021, PG, 90min) ★★
10.00 FILM A Country Romance Drama. (2021, PG, 83min) ★★
12.05 PM FILM A Little Daytime Drama Comedy. (2021, PG, 90min) ★★
2.00 FILM South Beach Love Comedy. (2021, PG) ★★
3.55 FILM Love in Translation Drama. (2021, PG) ★★
6.05 FILM Summer Love Drama. (2016, PG) ★★
8.00 FILM Premiere Written in the Stars Drama. (2021, U, 89min) ★★
10.00 FILM Wedding Cake Dreams Romantic drama. (2021, U, 85min) ★★
11.55 FILM All Things Valentine Comedy. (2016, PG, 83min) ★★
2.00 AM Highway to Heaven
3.00 to 5.00 AM FILM Sunrise in Heaven Drama. (2019, PG) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real...
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Encounter: UFO
11.10 Strange Evidence
12.10 PM What on Earth? 1.05 Mysteries from Above
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens: The Ultimate Evidence
6.00 Encounter: UFO
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 Mission Unexplained
10.00 Strange Evidence
11.00 World's Most Unexplained...
12.00 M.T. Paranormal: Caught on Camera
1.00 AM Encounter: UFO
2.00 Strange Evidence
3.00 Hardcore Pawn
3.25 Salvage Kings
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S3)
2.00 PM The Real A&E
3.00 Manifest 13/13. (S3)
4.00 Border Patrol
5.00 Highway Patrol
6.00 The Flash 12/18. (S7)
7.00 MacGyver *Dia De Muertos* and *Scarios* and *Family*: 5/22. Angus and Jack head to Mexico.
8.00 *Murdoc & MacGyver* & *Murdoc*: 6/22. Murdoc's son is kidnapped. (S3)
9.00 The Force: Manchester
11.00 Sick Note 2/8. (S2)
12.00 M.T. Road Wars
1.00 AM The Russell Howard Hour
2.00 A League of Their Own
3.00 Duck Quacks Don't Echo Lee Mack hosts.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
8.30 Huckleberry Finn
9.00 Space 1999 15/24. (S1)
10.00 A Fine Romance (S4)
10.30 Watching 3/7. (S6)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie
12.00 NOON Shine on...
1.00 PM Department S (S2)
2.00 Born Free **New episode**
3.00 Whicker's World
4.00 Stereo Underground
5.00 Diff'rent Strokes (S1)
5.30 Watching 3/7. (S6)
6.00 I Dream of Jeannie
6.30 Married... With Children
7.00 Blue Thunder 11/11. (S1)
7.00 Born Free (S1)
9.00 Department S (S2)
10.00 Married... With Children
10.30 Drop the Dead Donkey
11.00 The Mrs Merton Show
11.35 Stereo Underground
12.35 AM Bubblegum & Cheese 10/13. (S1)
1.35 Shine on Harvey Moon
2.35 Whicker's World
3.35 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Kent: The Garden of England Documentary.
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet: At Home with the Greens Double bill.
3.00 Murder, She Wrote
4.00 Columbo
6.00 World's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Emperor: Rise & Fall of a Dynasty The reigns of Claudius and Nero.
10.00 Walking Britain's Roman Roads Dan Jones travels the historic Roman road of Ermin Way.
11.00 Prisoner: Cell Block H
1.00 AM Bargain-Loving Brits in the Sun
3.00 Kent: The Garden of England Documentary.
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM 16 and Pregnant
7.10 Teen Mom: From the Beginning Double bill.
9.30 Teen Mom 2: From the Beginning Reality series.
10.30 FriendZone
11.00 Catfish: The TV Show
3.00 PM Catfish: Teams
4.00 Catfish: The TV Show
6.00 Catfish: Firsts
7.00 Teen Mom: The Next Chapter Reality series.
8.00 Help! I'm in a Secret Relationship! Zack won't propose to Chelsea until he knows why she's hiding him.
9.00 Skin A&E Dr Dev Shah faces an eyeball-sized cyst on a patient's cheek.
10.00 True Life Crime
A look into the murder of gender fluid teenager Kedarie Johnson.
11.00 Georgie Shore
12.00 M.T. Behind the Music
1.30 AM Ink Master
3.10 to 4.00 AM Ex on the Beach

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★ Poor

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs** Double bill.
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** Documentary.
 3.00 **The Last Woodsmen** Jared needs to move \$1,000,000 of wood down river to market.
 4.00 Jared fights to get a fat truck running at Grizz.
 5.00 **Deepest Catch** Captain Rip heads into an Arctic storm.
 6.00 **Wheeler Dealers** A Land Rover Discovery Mk1.

9.00 **Mystery at Blind Frog...**

7.00 **Salvage Hunters** There is a heavy-duty surprise in store for Drew Pritchard at a magnificent country house in Scotland.

8.00 **Gold Rush** Tony hits an unexpected roadblock at his Indian River claim, while Rick searches for a new spot to mine.

9.00 **Mystery at Blind Frog Ranch** **New edition** Duane's drilling at the Bead Site goes awry, and Eric visits a meteor site.

10.00 **Moonshiners** **New edition** Resurrecting a bootleg route from the 1980s, Tickle's crew come face-to-face with the law.

11.00 **Expedition Unknown**

12.00 **MT Street Outlaws**
 1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.

2.00 **Moonshiners** As 10.00pm.

3.00 **Gold Rush** **New edition** Parker makes a purchase that shocks the entire team.

4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Animal Cries**
 9.00 **Dodo Heroes**
 10.00 **Bad Dog!**
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Animal Cries**
 1.00 PM **Dodo Heroes**
 2.00 **Flying Wild Alaska**
 3.00 **Pit Bulls & Parolees:** Tia's Tales Documentary.
 4.00 **Dogs 101** Dog behaviour.
 5.00 **Alaska: Homestead Rescue** The Raneys move an entire cabin into the flood zone.
 6.00 **Animal Cries** A couple need an area for their rescue rabbits.

8.00 **I'm Alive**

7.00 **Crikey! It's the Irwins** Crikey relocates the zoo's most aggressive crocodile, and Terri helps a koala find love.

8.00 **I'm Alive** The stories of a family that were attacked by a swarm of killer bees, and a man bitten by a bull shark while swimming.

9.00 **I Was Prey** During a canoe safari trip in Zimbabwe, a husband and wife are attacked by an angry hippopotamus.

10.00 **Alaskan Bush People** Alaskan survivor family the Browns discuss the difficulties of maintaining their remote lifestyle.

11.00 **Project Grizzly** Jeff Watson teaches his grizzlies to forage.
 12.00 **MT Jeff** attempts to teach Bob and Screech to hunt game in the wild.

1.00 AM **Alaskan Bush People**
 2.00 **Dogs 101** Dog behaviour.

3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Animal Cries**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
 9.00 **Air Crash Investigation: Special Report**
 10.00 **WW2: Hell Under the Sea**
 11.00 **Airport Security: Colombia**
 12.00 **NOON Car S.O.S**
 1.00 PM **Rocky Mountain Railroad**
 2.00 **Air Crash Investigation**
 3.00 **Drain the Oceans: Rise of the Roman Empire**
 4.00 **Pirates: Behind the Legends**
 5.00 **Car S.O.S** Restoring a 1997 Peugeot 106 Rallye.
 6.00 **Extreme China** The fishing culture of Hainan's islands.

10.00 **UFOs: Investigating the...**

7.00 **Air Crash Investigation** A cargo plane crashes a mile short of the runway, and investigators take an unusual approach.

8.00 **Air Crash Investigation** The cause of a deadly rollercoaster in the sky, and a Chinese aircraft lands at a US Air Force base.

9.00 **Secrets of Area 51** Behind the scenes at the world's most secret military base, with contributions from CIA agents.

10.00 **UFOs: Investigating the Unknown** Scientists unveil cutting-edge technology helping in the search for UFOs.

11.00 **Air Crash Investigation** The Manchester runway disaster.
 12.00 **MT Colossal Machines**

1.00 AM **To Catch a Smuggler**
 2.00 **Abandoned**
 2.30 **Money Meltdown**
 3.20 **Food Factory** Double bill.

4.10 to 5.00 AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **Claw Hunters**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Combat Ships**
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** Vintage Disneyland employee costumes.
 5.30 Notes written by Albert Einstein arrive in the shop.
 6.00 **American Pickers** Robbie buys a pair of Chevy signs.

10.00 **Ancient Aliens: Origins**

7.00 **Forged in Fire** The competitors are tasked with forging signature blades, but they must do it using household items.

8.00 **Container Wars** A container from south of the border arrives.
 8.30 A container is dredged up from the sea.

9.00 **Royal Autopsy** Professor Alice Roberts revisits the death of Henry IV, best known for usurping and murdering his cousin.

10.00 **Ancient Aliens: Origins** **New edition** A look at underground structures including Derinkuyu, an underground city in Turkey.

12.00 **MT Pawn Stars** Four editions.
 2.00 AM **Mayhem! The Secret Lives of the Georgian Kings**

Dramatic reconstruction and expert testimony reveal unusual and seldom appreciated aspects of the Georgian era.

3.00 **Container Wars** Double bill.
 4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Abandoned Engineering**
 10.00 **Secret Nazi Bases**
 11.00 **Nazi Hunters** Albert Speer.
 12.00 **NOON Joanna Lumley's Japan** From Hokkaido.
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash** Double bill.
 4.00 **Secret Nazi Bases** Examining the ruins of a once very important German asset.
 5.00 **Nazi Hunters** Josef Mengele.
 6.00 **Antiques Roadshow** Fiona Bruce presents the show from Senate House in Bloomsbury.

9.00 **The Warship: Tour of Duty**

7.00 **Guy's Garage** Guy Martin transforms a vintage East German Trabant, which is the slowest vehicle he has ever worked on.

8.00 **Trawlermen: Hunting the Catch** Storm Arwen hits the UK and the skippers have tough decisions to make.

9.00 **The Warship: Tour of Duty** An F35 jet on a routine launch loses power at a critical moment and the pilot is forced to eject.

10.00 **Bangers & Cash: Restoring Classics** A 1969 Morris Mini Cooper MKII is totally restored by specialists.

11.00 **Abandoned Engineering** A bloody battleground on the Pacific Island of Peleliu and a military stronghold in Russia.

12.00 **MT Joanna Lumley's Japan** Joanna begins a journey across Japan in Hokkaido.

1.00 to 3.00 AM **Find It, Fix It, Flog It**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Shed and Buried** Henry and Sam view a collection of vintage tractors and automobiles.
 8.30 Henry and Sam try to buy automobilia for a client's man cave.
 9.00 **The Repair Shop** The experts restore a pedal car, a china dog and a one-of-a-kind clock.
 10.00 Will Kirk sets about transforming a very special dolls house.
 11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
 7.00 **Say Yes to the Dress**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes... Atlanta**
 10.00 **Say Yes: Wedding SOS**
 11.00 **Say Yes... Lancashire**
 12.00 **NOON Betrayed**
 1.00 PM **On the Case with Paula Zahn** True-crime.
 2.00 **Murder on CCTV**
 3.00 **Crime Stories**
 4.00 **American Monster**
 6.00 **People Magazine...**
 7.00 **10 Steps to Murder**
 8.00 **Murder on CCTV**
 10.00 **People Magazine Investigates** **New edition**
 11.00 **People Magazine...**
 12.00 **MT The Murder of Grace Millane: A Faking It Special**
 1.00 AM **The Murder of Sarah Everard: A Faking It Special**
 2.00 **Murder Comes to Town**
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **The Hunt For the Chameleon Killer** As the net closes in, time is running out for the killer.
 8.00 **The Black Widow** Murders A Sunday school teacher loses two husbands in a row.
 9.00 **Forensic Factor** **New edition** A sniper targets abortion doctors then disappears into the shadowy underground.
 10.00 **Fatal Frontier: Evil in Alaska** A woman is found stabbed to death and her body dumped off an isolated road.
 11.00 **Evidence of Evil**
 12.00 **MT 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 **Fatal Frontier: Evil in Alaska** As 10.00pm.
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **Wrongly Accused**
 11.00 **Medical Detectives**
 2.00 PM **Uncovering** Melanie's Murderer
 3.00 **Medical Detectives Anniversary Special**
 4.00 **Medical Detectives** Investigators close in on a killer 20 years after the murder of a mother.
 4.30 Hunters make a grisly find in a Texas canyon – a human skull.
 5.00 A wife goes missing in Key West.
 5.30 A woman is found dead in bed with a gun in hand and suicide notes close by.
 6.00 Investigators piece together fragments of a disc to find a murderer.
 6.30 A man is killed by a bomb blast.
 7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops: Law & Disorder** Documentary.
 11.00 **Catching the Killer**
 12.00 **NOON The Killer Within**
 1.00 PM **Killer in My Village**
 2.00 **What the Killer Did** Next Nadine Aubras.
 3.00 **World's Most Evil Killers**
 4.00 **Britain's Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **The Killer Within**
 7.00 **World's Most Evil Killers**
 8.00 **Britain's Most Evil Killers**
 9.00 **Buried** Double bill.
 11.00 **World's Most Evil Killers**
 1.00 AM **Murders That Shocked the Nation**
 2.00 **Snapped** Documentary.
 3.00 **Made for Murder**
 4.00 **Brit Cops: Frontline Crime** UK Documentary.
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Auschwitz in 33 Objects** Documentary.
 9.35 **Armada: Untold Story**
 10.40 **Ambassadors in Berlin: The Whistleblowers of WWII** As 8.30pm.
 11.50 **The Children of Chaos**
 1.00 PM **Grand Tours of...**
 1.40 **Auschwitz in 33 Objects**
 2.50 **Armada: Untold Story**
 3.55 **Ambassadors in Berlin: The Whistleblowers of WWII** As 8.30pm.
 5.05 **The Children of Chaos**
 6.15 **Auschwitz in 33 Objects**
 7.20 **Armada: Untold Story**
 8.30 **Ambassadors in Berlin: The Whistleblowers of WWII** Those who tried to point out the dangers of the Nazi Party in 1933.
 9.40 **The Children of Chaos**
 10.50 **Armada: Untold Story**
 12.00 **MT Ambassadors in Berlin: The Whistleblowers of WWII** As 8.30pm.
 1.10 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM Urban Secrets
7.00 Discovering: Jon Voight
8.00 The Directors
9.00 The Eighties
10.00 15 Minutes of Shame
11.45 My Icon: John Amaechi
12.00 NOON Wig The influence of the Wigstock drag festival.
1.50 PM My Icon: Kadeen Corbin
2.00 I Am Jackie O
3.45 My Icon: Denise Lewis
4.00 The Directors
5.00 Discovering: Jon Voight
6.00 Blur: To the End
8.00 Boyzone: No Matter What 1/3. Documentary about the boy band, featuring rare and exclusive interviews with the members, who talk candidly about how they grappled with the true cost of global fame.
9.00 Nothing Compares The story of Sinéad O'Connor's rise to fame.
11.00 Ibiza Narcos Triple bill.
2.00 AM Football Bomber: The Dortmund Bus Attack
4.00 The Directors
5.00 to 6.00 AM Discovering: Jon Voight

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder? New edition Mysterious deaths.
9.00 My Strange Arrest New editions Double bill.
10.00 Cops Uncensored
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM My Strange Arrest
2.00 Phrogging: Hider in My House
3.00 Fear Thy Neighbour
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Africa from Above
1.00 PM Africa from Above
5.00 The Bill Spook Stuff: Martella and Stamp take an American woman who has been caught shoplifting into custody.
5.30 Evacuation: The bomb squad are called to Sun Hill after a holdall is left at the front desk.
6.00 Personal Imports: Melvin sees a chemist being robbed.
6.30 Paper Chase: Burnside must find an abducted schoolgirl.
7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 The Missing Return to Eden: 7/8. Emily returns to France as the case finally seems to be making progress.
10.20 Till Death: 8/8. The investigation into Oliver's disappearance finally reaches its conclusion. (S1)
11.40 The Bill Four episodes.
1.40 AM Pointless Double bill.
3.30 Africa from Above
5.10 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 My Best Friend's an Animal
10.00 Africa's Wild Horizons
11.00 Orangutan Jungle School
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 My Best Friend's an Animal
4.00 Africa's Wild Horizons
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 Planet Weird
9.00 Wildlife ER New edition Tim races to save a rescued koala.
10.00 Land of Primates A profile of the gelada, a monkey that lives in Ethiopia's Simien Mountains.
11.00 New Kids in the Wild
12.00 MT Orangutan Jungle School
1.00 AM Ocean Parks
2.00 Planet Weird
3.00 Wildlife ER
4.00 Great Parks of Africa
5.00 to 6.00 AM My Best Friend's an Animal

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Wild Hawaii
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo An alligator breaks out of its restraints during a medical examination.
8.00 Africa's Hunters A buffalo herd move into a lion pride's territory.
9.00 Africa's Deadly Kingdoms Exploring the remote African bushveld, one of the deadliest environments on the planet and home to some of the continent's most successful species.
10.00 Alaska: The Next Generation A dark winter lies ahead.
11.00 Ice Road Rescue
12.00 MT When Sharks Attack 360
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Someone You Thought You Knew The murder of Mike and Valerie Miller.
9.00 Murder Calls
11.00 Grave Mysteries
1.00 PM Betrayed
3.00 Til Death Do Us Part
5.00 Home Sweet Homicide
7.00 Killer Bods How a mystery gripped a seaside town when the husband of a competitive bodybuilder disappeared. Shocking revelations led police to a grisly discovery.
8.00 Competition among personal trainers at a high-end Florida gym is intense when a volatile mix of pride and rage ignites a deadly chain reaction.
9.00 Fatal Affairs A steamy affair ignites between two teachers, but lust turns to tragedy.
10.00 Married to Evil
11.00 Dates from Hell
12.00 MT House of Horrors: Kidnapped Double bill.
2.00 AM Home Sweet Homicide
4.00 to 6.00 AM Killer Bods
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 How to Lose a War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Cutty Sark: Out of the Ashes Documentary.
2.00 Walking Through History
3.00 Colosseum
4.00 How to Lose a War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files The Dropt Stones.
8.00 The UnXplained with William Shatner Monsters that cannot be explained by science.
9.00 Sacred rituals.
10.00 History's Greatest Mysteries The story of one of the most brazen prison breaks in American history.
11.00 Haunted Hospitals
12.00 MT Ancient Aliens
2.00 AM Cutty Sark: Out of the Ashes Documentary.
3.00 Walking Through History
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM UFOs Over Phoenix
8.00 Kings of Construction
9.00 Combat Dealers: Reloaded
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Aliens in Alaska
8.00 Storming Area 51 Joe and Emmett Hayes head to Nevada desert to observe, investigate and embrace the pandemonium of storming Area 51, and dive into the history of the facility.
9.00 Combat Dealers
10.00 Shed and Buried
11.00 World's Greatest Motorcycle Rides 2/3. With just a few weeks to spare, Henry is passed fit by his doctor to run at Bonneville.
12.00 MT Mysteries of the Deep
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindy Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Neil and Anthony get to work on a mystery vehicle from the 1930s.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Roadworthy Rescues
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Formula 1 goes global.
9.00 Kindy Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 MT Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Trans Am
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 7.35 AM Slingshot Sci-fi thriller. (2024, 15, 108min) ★★★
9.35 Chuck Chuck Baby Drama. (2023, 15, 101min) ★★★★★
11.25 PREMIERE The Bikeriders
1.30 PM The Last Stop in Yuma County Crime thriller. (2023, 15, 100min) ★★★★★
3.10 The Killer Action thriller. (2023, 15, 126min) ★★★★★
5.25 Furiosa: A Mad Max Saga Fantasy adventure prequel. (2024, 15, 148min) ★★★★★



8.00 The Bikeriders

- 8.00 PREMIERE The Bikeriders Drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. (2023, 15, 116min) ★★★★★ See review, page 22. SEX ●●● VIOLENCE ●●● LANG ●●●
10.05 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.05 AM I Saw the TV Glow Horror starring Justice Smith. (2024, 15, 100min) ★★★
1.55 Parachute Comedy drama. (2023, 15, 108min) ★★★★★
3.50 to 6.05 AM Twilight of the Warriors: Walled In Thriller. (2024, 15, 126min) ★★★

Sky Cinema Drama

310 410 510 524

- 7.10 AM North Hollywood Comedy drama. (2021, 15, 93min) ★★★
8.55 Lamborghini: The Man Behind the Legend Drama starring Frank Grillo and Mira Sorvino. (2022, 12, 97min) ★★
10.35 Meet Joe Black Supernatural romantic drama starring Brad Pitt. (1998, 12, 181min) ★★★★★
1.40 PM Dear John Romantic drama. (2010, 12, 108min) ★★
3.35 Straight Outta Compton Biopic of hip-hop group NWA. (2015, 15, 147min) ★★★
6.10 Mr Holmes Mystery starring Ian McKellen and Laura Linney. (2015, PG, 101 min) ★★★★★
8.00 Jackie Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★★
9.45 Frost/Nixon Director Ron Howard's drama based on Peter Morgan's play, starring Michael Sheen and Frank Langella. (2008, 15, 122min) ★★★★★
11.55 Steve Jobs Biopic with Michael Fassbender and Kate Winslet. (2015, 15, 119min) ★★★★★
2.05 AM The Hanging Sun Crime drama starring Alessandro Borghi. (2022, 15, 93min) ★★
3.50 to 6.00 AM West North West Drama. (2015, 15, 125min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM The Shamrock Spitfire
7.50 The Color Purple As 12.05am.
10.15 Mean Girls As 2.35am.
12.15 PM Superbad Teen comedy. (2007, 15, 113min) ★★★★★
2.15 Anyone But You Romantic comedy with Sydney Sweeney. (2023, 15, 103min) ★★★★★
4.05 Horrible Bosses Comedy. (2011, 15, 93min) ★★★
5.50 The Mummy Action adventure starring Brendan Fraser. (1999, 15, 124min) ★★★★★



5.50 The Mummy

- 8.00 The Mummy Returns Adventure sequel starring Brendan Fraser. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries – an ancient Egyptian high priest and a fierce warrior who has been frozen in time for five millennia. (2001, 12, 129min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 The Mummy: Tomb of the Dragon Emperor Action adventure sequel starring Brendan Fraser, Jet Li, Maria Bello and Michelle Yeoh. (2008, 12, 112min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.05 AM The Color Purple Musical starring Taraji P Henson. (2023, 12, 141min) ★★★
2.35 Mean Girls Musical adaptation of the 2004 teen comedy. (2023, 12, 112min) ★★★
4.30 to 6.20 AM The Shamrock Spitfire Biographical drama. (2024, 12, 108min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.30 AM Sick As shown at 4.45pm.
8.00 If You Were the Last (2023)
9.40 Next Exit Sci-fi comedy. (2022, 15, 106min) ★★★★★
11.30 I.S.S Sci-fi drama with Ariana DeBose. (2023, 15, 95min) ★★★★★
1.10 PM The Nun II Horror sequel. (2023, 15, 110min) ★★
3.05 Resident Evil: Retribution Sci-fi action thriller sequel. (2012, 15, 92min) ★★★★★
4.45 Sick Horror starring Gideon Adlon. (2022, 18, 83min) ★★★★★
6.15 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★★
8.00 Minority Report Steven Spielberg's sci-fi thriller starring Tom Cruise, Colin Farrell, Max von Sydow and Samantha Morton. (2002, 12, 145min) ★★★★★
10.35 If You Were the Last Sci-fi romantic comedy starring Anthony Mackie and Zoe Chao. (2023, 15, 92min) ★★★★★
12.20 AM Resident Evil: The Final Chapter Action horror sequel. (2016, 15, 107min) ★★★
2.15 Piggy Spanish horror. Subtitled. (2022, 18, 99min) ★★★★★
4.05 to 6.10 AM Something in the Dirt Sci-fi comedy drama. (2022, 15, 116min) ★★★★★

Sky Cinema Family

306 406 506 520

- 6.05** AM **The Cinema List: Family**
Beethoven As 3.50am.
- 8.05** **Step Dogs** As 5.50am.
- 9.45** **Shazam! Fury of the Gods**
- 12.10** PM **Dungeons & Dragons: Honour Among Thieves**
Adventure. (2023, 12) ★★★★★
- 2.25** **Scooby-Doo** (2002, PG) ★★
- 4.00** **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★
- 5.50** **Addams Family Values**
Ghoulish comedy sequel. (1993, PG, 92min) ★★★★★

**5.50 Addams Family Values**

- 7.35** **Wonka** Fantasy adventure starring Timothée Chalamet. A young sweet-maker attempts to make his mark, despite the plans of three scheming entrepreneurs. (2023, PG, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.45** **Shazam! Fury of the Gods** Superhero sequel starring Zachary Levi. When vengeful gods arrive on Earth in search of stolen magic, Shazam and his allies get thrust into a battle for survival. (2023, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.10** AM **Robo-Dog: Airborne** Family adventure sequel. (2017, U, 88min) ★★
- 1.55** **The Horse Dancer** Drama. (2017, PG, 114min) ★★
- 3.50** **Beethoven** Family comedy. (1992, U, 87min) ★★
- 5.30** **Cinema List: Family Favourites**
- 5.50** **to 7.30 AM Step Dogs** Family comedy. (2013, U, 82min) ★

Sky Cinema Valentine

302 402 502 516

- 6.30** AM **Just Like Heaven** Fantasy. (2005, PG, 95min) ★★★★★
- 8.10** **Bonus Track** As 5.35am.
- 10.05** **Sweethearts** Comedy. (2024, 15, 110min) ★★
- 11.55** **Sky Cinema Preview**
- 12.15** PM **Forces of Nature** Comedy. (1999, 12, 105min) ★★
- 2.15** **About Last Night** Romantic comedy remake with Michael Ealy. (2014, 15, 98min) ★★
- 4.00** **Scott Pilgrim vs. the World** Quirky comic-book comedy. (2010, 12, 112min) ★★★★★
- 6.00** **Mamma Mia!** Musical comedy. (2008, PG, 108min) ★★★★★
- 8.00** **Mamma Mia! Here We Go Again** Musical sequel starring Amanda Seyfried and Lily James. (2018, PG, 114min) ★★★★★
- 10.00** **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan as two people who fall in love without ever meeting. (1993, PG, 105min) ★★★★★
- 11.50** **Asteroid City** Sci-fi comedy. (2023, 12, 105min) ★★★★★
- 1.40** AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★★
- 3.45** **Forces of Nature** Comedy. (1999, 12, 105min) ★★
- 5.35** **to 7.20 AM Bonus Track** Music comedy. (2023, 12, 98min) ★★★★★

Sky Cinema Stunts

307 407 507 521

- 6.40** AM **Assassin** Action thriller. (2023, 15, 88min) ★★
- 8.10** **Absolution** As 4.30am.
- 10.10** **Sisu** Thriller. (2022, 15) ★★
- 11.50** **Haywire** Action thriller. (2012, 15, 88min) ★★★★★
- 1.30** PM **The Beekeeper** Thriller. (2023, 15, 105min) ★★
- 3.30** **The Bourne Legacy** Thriller sequel starring Jeremy Renner. (2012, 12, 129min) ★★
- 5.50** **Jason Bourne** Action thriller. (2016, 12, 123min) ★★

**5.50 Jason Bourne**

- 8.00** **Mad Max: Fury Road** Sci-fi action thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00** **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35** AM **Sin City** Film noir thriller. (2005, 18, 124min) ★★★★★
- 2.45** **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★
- 4.30** **to 6.25 AM Absolution** Thriller starring Liam Neeson. (2024, 15, 112min) ★★

Sky Cinema Greats

304 404 504 518

- 6.00** AM **Burning an Illusion** (1981)
- 8.00** **The Man Who Knew Too Much**
- 10.15** **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★
- 12.15** PM **Schindler's List** Director Steven Spielberg's historical drama starring Liam Neeson. (1993, 15, 195min) ★★★★★
- 3.40** **Field of Dreams** Fantasy drama starring Kevin Costner. (1989, PG, 106min) ★★★★★
- 5.40** **A League of Their Own** Comedy drama starring Tom Hanks and Geena Davis. (1992, PG, 124min) ★★★★★
- 8.00** **Forrest Gump** Whimsical fable starring Tom Hanks as an Alabama-born man who leads a charmed existence over four turbulent decades of US history. (1994, 12, 136min) ★★★★★
- 10.25** **Scent of a Woman** Coming-of-age drama starring Al Pacino and Chris O'Donnell. (1992, 15, 157min) ★★★★★
- 1.00** AM **The Man Who Knew Too Much** Classic Hitchcock thriller starring James Stewart and Doris Day. (1956, PG, 120min) ★★★★★
- 3.05** **Burning an Illusion** Drama. (1981, 15, 103min) ★★
- 4.55** **Sky Cinema Preview**
- 5.55** **to 7.45 AM Field of Dreams**

Sky Cinema Comedy

308 408 508 522

- 7.00** AM **Spoiler Alert** As 1.50am.
- 9.00** **I Now Pronounce You Chuck & Larry** Comedy. (2007, 12) ★
- 11.05** **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★★
- 12.50** PM **Sausage Party** Animation. (2016, 15, 89min) ★★
- 2.30** **Big Daddy** (1999, 12) ★★
- 4.15** **O Brother, Where Art Thou?** Comedy. (2000, 12) ★★★★★
- 6.10** **The Invention of Lying** Satirical romantic comedy. (2009, 12, 100min) ★★★★★

**6.10 The Invention of Lying**

- 8.00** **Crazy Rich Asians** Romantic comedy starring Constance Wu and Henry Golding. A professor heads to Singapore with her boyfriend, and is surprised to learn he is from an extremely wealthy family. (2018, 12, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05** **The Edge of Seventeen** Teen comedy drama starring Hailee Steinfeld. High-school life becomes even more unbearable for Nadine when her best friend, Krista, starts dating her older brother. (2016, 15, 104min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.55** **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★
- 1.50** AM **Spoiler Alert** Comedy drama. (2022, 15, 112min) ★★
- 3.50** **O Brother, Where Art Thou?**
- 5.45** **to 6.30 AM Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

- 7.50** AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★
- 9.15** **Mummies** Animated comedy. (2023, U, 88min) ★★
- 10.50** **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
- 12.45** PM **Trolls** Animated musical. (2016, U, 92min) ★★
- 2.25** **Trolls Band Together** Animated musical. (2023, U, 91min) ★★
- 4.00** **Sing** Animated musical comedy. (2016, U, 108min) ★★
- 5.55** **The Super Mario Bros Movie** Animation. (2022, PG) ★★★★★
- 7.45** **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★★
- 9.30** **Deep Sea** Animated adventure. (2023, PG, 112min) ★★
- 11.30** **Scarygirl** Animated adventure. (2023, PG, 90min) ★★
- 1.10** AM **Under the Boardwalk** Animation. (2023, PG) ★★
- 2.45** **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★★
- 4.20** **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★
- 5.45** **to 7.10 AM The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U, 72min) ★★

Sky Cinema Thriller

309 409 509 523

- 7.40** AM **The Bourne Identity** Spy thriller. (2002, 12) ★★★★★
- 9.45** **Promising Young Woman** Thriller. (2020, 15) ★★★★★
- 11.50** **Miami Vice** Crime thriller. (2006, 15, 133min) ★★★★★
- 2.10** PM **He Went That Way** Crime drama. (2023, 15, 96min) ★★★★★
- 3.55** **The Bourne Supremacy** Spy thriller starring Matt Damon. (2004, 12, 108min) ★★★★★
- 5.50** **Murder by Numbers** Thriller. (2002, 15, 120min) ★★

**10.20 Lawless**

- 8.00** **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.20** **Lawless** Prohibition-era crime drama starring Shia LaBeouf, Tom Hardy, Gary Oldman and Guy Pearce. (2012, 18, 111 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20** AM **Cult Killer** Thriller starring Antonio Banderas and Alice Eve. (2024, 15, 105min) ★★
- 2.10** **Changing Lanes** Thriller. (2002, 15, 99min) ★★★★★
- 3.55** **Swallowed** Horror thriller. (2022, 18, 96min) ★★
- 5.40** **to 7.15 AM Parallel** Fantasy thriller with Danielle Deadwyler. (2024, 15, 88min) ★★★★★

Movies 24

312 419

- 7.00** AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
- 9.00** **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
- 11.00** **Campfire Romance** Romantic comedy. (2022, PG, 90min) ★★
- 1.00** PM **Heart of the Manor** Romantic comedy drama. (2021, PG, 85min) ★★
- 3.00** **The Love Issue** Romantic drama. (2023, PG, 85min) ★★
- 5.00** **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
- 7.00** **Luckless in Love** Romantic comedy drama starring Paniz Zade and Brett Donahue. (2023, PG, 86min) ★★
- 9.00** **Writing a Love Song** Romantic drama starring Nina Kiri and Connor McMahon. An aspiring music producer lands her first gig working with a former rising star. (2024, PG, 85min) ★★
- 11.00** **Hidden Gems** Romantic comedy. (2022, PG, 85min) ★★
- 1.00** AM **Pumpkin Everything** Romantic comedy drama. (2022, PG, 84min) ★★
- 3.00** **to 5.00 AM Cut, Color, Murder** Mystery drama starring Julie Gonzalo. (2022, PG, 84min) ★★

Movies 24+ 315 420**Film4**

313 855 428 14 300

- **Films start at 11.00am**
- 11.00** AM **Reach for the Sky** Biopic. (1956, b/w, U, 130min) ★★★★★
- 1.45** PM **The Guns of Navarone** World War Two adventure. (1961, PG, 150min) ★★★★★
- 4.55** **Cat Ballou** Spoof Western with Jane Fonda and Lee Marvin. (1965, PG, 96min) ★★★★★
- 6.40** **Jumanji: The Next Level** Fantasy adventure sequel starring Dwayne Johnson. (2019, 12, 123min) ★★★★★

**6.40 Jumanji: The Next Level**

- Jumanji: The Next Level** (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** **The Day After Tomorrow** Disaster movie starring Dennis Quaid and Jake Gyllenhaal. A climate expert sets out to rescue his son from a frozen New York after a global super storm triggers a new ice age. (2004, 12, 124min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.20** **The Straight Story** David Lynch's offbeat road movie starring Richard Farnsworth. A widower travels several hundred miles by lawnmower to visit his estranged brother. (1999, U, 111 min) ★★★★★
- 1.35** **to 3.50 AM Lynch/Oz** Documentary about David Lynch and *The Wizard of Oz*. (2022, 15, 108min) ★★★★★

+1 hour 314 430 47 301**Talking Pictures**

328 445 82 306

- 6.00** AM **The Terror** Crime thriller. (1938, b/w, PG, 70min) ★★
- 7.30** **Dentist in the Chair** Comedy. (1960, b/w, PG, 84min) ★★
- 9.05** **A Question of Suspense** Drama. (1961, b/w, PG, 62min) ★★
- 10.20** **Appointment with Venus** Comedy starring David Niven. (1951, b/w, U, 89min) ★★
- 12.05** PM **Waterloo Road** Drama. (1944, b/w, PG, 73min) ★★
- 1.40** **Laxdale Hall** Comedy. (1953, b/w, U, 77min) ★★
- 3.15** **You're Only Young Twice!** Comedy. (1952, b/w, U) ★★
- 4.55** **Rebecca 2/2** Drama.
- 6.55** **Recoil** Thriller with Kieron Moore. (1951, b/w, PG, 79min) ★★
- 8.25** **Strange But True**
- 9.05** **Doomwatch** 6/13. (S1)
- 10.10** **The Hunchback of Notre Dame** Gothic drama. (1974, 12, 90min) ★★
- 12.20** AM **Secret Rites** Horror. (1971, 18, 47min) ★★
- 1.15** **They Live** Sci-fi adventure starring Roddy Piper and Meg Foster. (1988, 15, 95min) ★★
- 3.05** **The Capone Investment** Thriller. (1974, 12, 90min) ★★
- 5.05** **A Lifetime Ago with The Baim Collection**
- 5.30** **to 6.00 AM Time to Remember**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
7.00	LIVE NRL Cronulla-Sutherland Sharks v New Zealand Warriors. Coverage of the pre-season game from Sharks Stadium. Kick-off is at 7.30am.
9.00	LIVE DP World Tour Golf Coverage of day two of the Qatar Masters from Doha Golf Club.
1.00	PM Good Morning Football
3.00	LIVE PGA Tour Golf Coverage of the early stages of day two of the WM Phoenix Open at TPC Scottsdale in Arizona.
9.00	LIVE PGA Tour Golf Coverage of the second day of the WM Phoenix Open staged at TPC Scottsdale in Arizona. Andrew Novak and Nick Taylor were tied for the lead on an overall score of 12-under par at the corresponding stage 12 months ago, while 2022 and 2023 champion Scottie Scheffler was one of four players tied for fifth, four strokes behind.
1.00	AM LIVE ATP Tennis Coverage of the fifth day of the ATP Dallas Open, a hard-court tournament at Styling/Altec Tennis Complex in Dallas, Texas.
5.00	to 6.00 AM Sky Sports News

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Legends
8.00	Premier League Best Goals
9.00	Premier League 100 Club
10.00	The Football Show
12.00	NOON Gary Neville's Soccerbox
1.00	PM Premier League Years
3.00	PL Retro A replay of Fulham v Manchester United from 2007.
5.00	Premier League Best Goals
6.00	Premier League 100 Club The best of Alan Shearer's 260 goals in the Premier League.
6.30	Premier League 100: David James The former goalkeeper looks back at his career.
7.00	The Big Interview Featuring a star of the past or present.
7.30	Premier League Stories Behind the scenes of the Premier League.
8.00	Gary Neville's Soccerbox
9.00	The Big Interview
9.30	Premier League Stories
10.00	Premier League Icons
11.00	Premier League Years Action from the 2015/16 season.
1.00	AM PL Retro A chance to see Arsenal v Wigan Athletic in 2006.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Play-Off Finals 15/16
9.00	EFL Greatest Games
10.00	EFL Cup Retro The 2017 final.
12.00	NOON EFL Cup
2.00	PM Scottish Premiership
2.15	SPFL Highlights
2.30	Bundesliga Weekly
3.00	EFL Cup Highlights
4.00	Scottish Premiership
4.15	SPFL Highlights
4.30	EFL Highlights Championship.
5.30	EFL Cup Highlights
6.30	Scottish Premiership
6.45	EFL Highlights Championship.
7.15	Bundesliga Legends
7.20	LIVE Bundesliga Bayern Munich v Werder Bremen. The German top-flight match from Allianz Arena, as the hosts look to earn another vital three points in their battle for a 34th league title. Kick-off is at 7.30pm.
9.30	EFL Cup Highlights
10.30	Scottish Premiership
10.45	SPFL Highlights
11.00	EFL Highlights Championship.
11.30	EFL Greatest Games
12.00	M'T EFL Cup Retro
2.45	AM EFL Greatest Games
4.00	Championship Season Review
5.00	to 6.00 AM EFL Rivalries

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Action from 2024.
7.00	ICC Men's T20 World Cup
8.00	Women's ICC World T20
8.30	History of the ICC Champions Trophy Documentary.
10.00	SA20 Recent T20 action.
1.00	PM History of the ICC Champions Trophy
2.30	Women's ICC World T20
3.00	ICC Men's T20 World Cup A look behind the scenes for an alternative view of the 2024 final.
4.00	SA20 The qualifiers and the eliminator match in the T20 cricket competition in South Africa.
7.00	On Safari with Makhaya Ntini The first black African to play cricket for the Proteas, trailblazing paceman Makhaya Ntini discusses his incredible life and career.
8.00	ICC Men's T20 World Cup Action from the second semi-final between India and England staged at Guyana National Stadium.
9.00	SA20 The second qualifier and the eliminator match in the T20 cricket competition in South Africa.
11.00	WPL Gujarat Giants v UP Warriorz.
12.00	M'T ICC Men's T20 World Cup
1.00	AM SA20 The second qualifier.
5.30	to 6.00 AM Best of ICC WT20

Sky Sports	Golf
405 515 505 423 443	
6.00	AM PGA Tour Golf
9.00	LIVE DP World Tour Golf Coverage of day two of the Qatar Masters from Doha Golf Club.
2.00	PM My Ryder Cup
2.15	LIVE PGA Tour Golf Coverage of the early stages of the second day of the WM Phoenix Open from TPC Scottsdale in Arizona.
9.00	LIVE PGA Tour Golf Further coverage of day two of the WM Phoenix Open at TPC Scottsdale in Arizona. Andrew Novak and Nick Taylor were tied for the lead on an overall score of 12-under par at this stage 12 months ago.
1.00	AM Golf's Greatest Holes
1.30	Uncommon: Building a Boston Sports Team
2.00	Golf Academy Expert tips.
3.00	PGA Tour Golf Phoenix Open.
5.00	to 6.00 AM Playing Lessons

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM WTA Tennis Recent action.
7.00	Bitesize Tennis Highlights.
7.30	ATP Tour This Week
8.00	WTA & ATP Tennis
12.00	LIVE WTA & ATP Tennis The WTA and ATP Tours, featuring the WTA Abu Dhabi Open and ATP Dallas Open.
8.00	PM LIVE ATP Tennis Coverage of day five of the ATP Rotterdam Open at Rotterdam Ahoy in the Netherlands and the ATP Dallas Open staged at Styling/Altec Tennis Complex in Dallas, Texas.
10.30	ATP Tour This Week
11.00	ATP Tennis Montpellier Open.
12.00	M'T Mirra Andreeva Podcast
12.15	AM Bitesize Tennis
12.45	Tim Henman Podcast 2024
1.00	LIVE ATP Tennis Day five of the Dallas Open from Styling/Altec Tennis Complex in Dallas, Texas.
5.00	to 6.00 AM WTA Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Super League Highlights
7.00	LIVE NRL Cronulla-Sutherland Sharks v New Zealand Warriors. Coverage of the pre-season game from Sharks Stadium. Kick-off is at 7.30am.
9.00	Super League Highlights
9.30	Fight Night International
10.30	Super League Highlights
11.00	LIVE Golf Coverage of the third day of the African Amateur Championship from Leopard Creek in Malalane, South Africa.
2.00	PM SA20 Recent T20 action.
5.00	Super League Highlights
6.00	Formula 1 Highlights from 2024.
9.00	SA20 Recent T20 action.
11.00	One Championship Weekly
11.30	Top Rank Boxing Archive
12.00	M'T Fight Night International
1.00	to 6.00 AM LIVE MMA: One Championship Coverage of ONE Fight Night 28 at Lumpinee Boxing Stadium in Bangkok.

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 Action from the 2024 Italian Grand Prix.
1.00	PM Azerbaijan Grand Prix.
2.00	The Singapore Grand Prix.
3.00	United States Grand Prix.
4.00	The Mexico City Grand Prix.
5.00	Formula 1 Sao Paulo Grand Prix.
6.00	The Las Vegas Grand Prix.
7.00	The 2024 Qatar Grand Prix.
8.00	The Abu Dhabi Grand Prix.
9.00	Las Vegas Grand Prix.
11.15	Ted's Notebook
11.45	Lewis' Mercedes Farewell
12.00	M'T to 6.00 AM The Home of F1

TNT Sports 1

410 870 527 408 430

6.30

AM NBA Action Highlights.

7.00

TNT Sports Reload

7.30

One Day International Cricket

8.30

LIVE A-League Adelaide United v Melbourne City.

10.30

Premier League Reload

10.45

LIVE A-League Perth Glory v Central Coast Mariners.

12.45

PM Premier League

1.45

Under the Lights At Anfield.

2.00

Women's Ashes Recent action.

4.00

One Day International Cricket

5.00

Premier League Stories

5.30

Sign Up – Into Football

6.15

Premier League Netbusters

6.45

Peter Crouch Meets

7.00

TNT Sports Reload

7.30

LIVE Premiership Rugby Cup Sale Sharks v Doncaster Knights. Kick-off is at 7.45pm.

10.00

UEFA Champions League

10.30

Premier League: Big Interview

11.00

UEFA Champions League

12.00

M/T Test Cricket Highlights

1.00

AM Premiership Rugby Cup

2.00

UEFA Champions League

3.00

TNT Sports Cricket Reload

3.15

Test Cricket Highlights

4.15

to 6.00 AM **LIVE** Test Cricket Sri Lanka v Australia. Coverage of day three of the second Test.

TNT Sports 2

411 871 528 409 431

6.00

AM **LIVE** Test Cricket
Sri Lanka v Australia. Coverage of the second day of the second and final Test in the series staged at Galle International Stadium.

12.30

PM **One Day International**
Cricket India v England.

1.30

TNT Sports Reload

2.00

Ultimate Pool Recent action.

3.30

Serie A – Full Impact

4.00

Fishing: On the Bank

5.00

Test Cricket Highlights

6.00

Isuzu UTE A-League

8.00

One Day International Cricket
Highlights of India v England.

9.00

Test Cricket Highlights
Action from Sri Lanka v Australia at Galle International Stadium.

10.00

UFC Countdown

11.00

Isuzu UTE A-League

1.00

AM **Andrew Mensah's**
Stand Up Kickabout

1.30

Ultimate Pool Recent action.

3.00

LIVE **A-League Women**
Wellington Phoenix v Melbourne Victory. Coverage of the match at Jerry Collins Stadium in Porirua. Kick-off is at 3.00am.

5.00

UEFA Champions League
Magazine The latest news.

5.30

to 6.00 AM **Formula E**

TNT Sports 3

417 874 529 410 432

5.45 AM **LIVE** A-League Women Adelaide United v Perth Glory
Coverage from Coopers Stadium in Hindmarsh. Kick-off 5.50am.

7.45 Premier League Reload

8.00 Serie A – Full Impact

8.30 Ultimate Pool Recent action.

10.00 Fishing: On the Bank

11.00 TNT Sports Reload

11.30 Formula E Flashback

12.00 NOON Rylan: Homophobia, Football and Me

1.00 PM In My Blood Jarrod Bowen.

1.15 Crouchy and Cole

1.30 What I Wore Emmanuel Petit.

2.00 Classic Premier League

5.00 UEFA Champions League

6.00 Packer: The Man Who Changed Cricket Kerry Packer.

7.15 TNT Sports Cricket Reload

7.30 What I Wore Glenn Hoddle.

8.00 Premier League Review

10.00 Ref: Stories from the Weekend

11.00 Fight Week Preview of UFC 312

11.30 UFC Main Event

1.30 AM Fight Week UFC 312.

2.00 UFC Countdown

3.00 Premiership Rugby Cup

4.00 **LIVE** SailGP Day one of the third round of the season from Sydney.

5.30 to **6.00 AM** TNT Sports Reload

Sky Sports	NFL
408 517 507 426 446	
6.00	AM Super Bowl LV Highlights
8.00	NFL: America's Game
9.00	NFL Highlights
10.00	Super Bowl LVII Highlights
12.00	NOON NFL Highlights
1.00	PM Good Morning Football
3.00	The NFL Honours
5.00	Super Bowl LV Bitesize
5.15	Super Bowl LVI Bitesize
5.30	Super Bowl LVII Bitesize
5.45	Super Bowl LVIII Bitesize
6.00	Super Bowl LV Highlights Tampa Bay Buccaneers v Kansas City Chiefs from 2020/21.
8.00	NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show.
10.00	Here Come the Irish Behind the scenes with the Notre Dame Fighting Irish college football team.
10.30	Super Bowl LVIII Bitesize
10.45	NFL Bitesize Highlights
11.00	Super Bowl Live A fourth round of interviews with people involved in the NFL's showpiece match.
12.00	M'T The Insiders The latest news covering all 32 NFL teams.
1.00	AM NFL Highlights
2.00	The NFL Honours
4.00	Super Bowl LVIII Bitesize
4.15	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Classic** Archive action.

1.00 PM **NBA** Another chance to see Boston Celtics v Dallas Mavericks.

2.30 A replay of Los Angeles Lakers v Golden State Warriors.

4.00 **NBA Originals** Shaquille O'Neal, Dominique Wilkins, Wayne Embry and other basketball legends look at the impact of NBA champion and civil rights icon Bill Russell.

5.00 **NBA on Fire** The latest news.

5.30 **NBA** Another chance to see Boston Celtics v Dallas Mavericks.

7.00 A replay of Los Angeles Lakers v Golden State Warriors.

8.30 **NBA Originals** A look back at the 2001 Philadelphia 76ers.

10.00 **NBA** Another chance to see Boston Celtics v Dallas Mavericks.

11.30 A replay of Los Angeles Lakers v Golden State Warriors.

1.00 AM **NBA Classic** A look back at Miami Heat v San Antonio Spurs from the 2012/13 season.

3.00 to **6.00** AM **NBA**

Eurosport 1

413 870 521 412 435

6.00 AM Show Jumping

7.00 Australian Open Tennis

8.00 Freestyle Skiing From Colorado.

9.00 Alpine Skiing From Austria.

10.00 **LIVE** Alpine Skiing In Saalbach.

12.50 PM **LIVE** Nordic Combined Skiing From Otepaa, Estonia.

2.15 **LIVE** Ski Jumping In New York.

3.50 Sierra Nevada 2024

4.05 **LIVE** Nordic Combined Skiing
Further coverage from Otepaa.

5.50 Alpine Skiing From Austria.

6.50 Ski Jumping From New York.

7.50 Mikaela Shiffrin's World Cup

7.55 Alpine Skiing From Saalbach.

8.55 Ski Jumping From Lake Placid.

9.55 **LIVE** Ski Jumping In New York.

11.00 Alpine Skiing From Austria.

12.00 M'T Cycling: Tour of Valencia

1.00 AM Cycling: Women's UAE Tour

2.00 Ski Jumping From New York.

3.00 Alpine Skiing From Saalbach.

4.00 Cycling: Tour of Valencia

5.00 to 6.05 AM Cycling: Women's UAE Tour

Eurosport 2

414 871

522

413 436

6.00

AM Snooker: German Masters

8.00

Australian Open Tennis

9.00

Cycling: Tour of Valencia

9.55

Cycling: Women's UAE Tour

10.50

LIVE

Cycling: Women's UAE Tour

Tour Coverage of stage two.

12.35

PM Cyclo-Cross From Belgium.

1.05

Cycling: Paris-Roubaix

1.30

Cycling: Tour of Valencia

2.30

LIVE

Cycling: Tour of Valencia

Valencia Coverage of stage three, a route of 161km from San Vicente del Raspeig to Orihuela.

4.00

Cycling: Women's UAE Tour

5.00

Snooker: German Masters

7.00

Cycling: Women's UAE Tour

8.00

Cycling: Tour of Valencia

9.00

Snooker: Welsh Open

11.00

Cycling: Tour of Valencia

12.00

M/T Freestyle Skiing

1.00

AM Ski Jumping In New York.

2.00

Cycling: Tour of Valencia

3.00

Cycling: Women's UAE Tour

4.00

Ski Jumping From Lake Placid.

5.00

to 6.00 AM Alpine Skiing

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
10.00	The Football Show
12.00	NOON LIVE WTA & ATP Tennis Coverage of the WTA and ATP Tours, featuring the WTA Abu Dhabi Open, ATP Rotterdam Open and ATP Dallas Open.
7.20	PM LIVE Bundesliga Bayern Munich v Werder Bremen. Coverage of the German top-flight match at Allianz Arena, as the hosts look to earn another vital three points in their battle for a 34th league title. The reverse fixture back in September saw Bayern hammer their opponents 5-0 with Michael Olise picking up a brace, as well as goals from Jamal Musiala, Harry Kane and Serge Gnabry. Kick-off 7.30pm.
9.30	Sky Sports News Round-up of all the latest sports news.
10.30	Back Pages Tonight
11.00	PM to 6.00 AM Sky Sports News

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW



Horrible Histories

Friday, 5.30pm, CBBC & BBC iPlayer

Tune in to a brand new series of the show that sees the funny side of history! This series looks at some of the brilliant brains that have changed the course of history throughout the centuries.

Of course, Rattus Rattus is back to lead us through the timeline, and he is ably assisted by Mark 'The Beast' Labbett from ITV's *The Chase*.

Horrible Histories fans will be pleased to hear about another new series – coming this spring is *Horrible Science*, which promises hilarious new characters and mind-boggling science facts.



Tom & Jerry February Takeover

From Saturday, Boomerang

Our favourite cat-and-mouse duo have taken over Boomerang this month, treating us to some of their funniest and most entertaining adventures.

Look out for *Tom & Jerry: Back to Oz* (great for *Wicked* fans!) on Saturday at 9am, when the two return to Oz with their friend Dorothy, where they need to help save the magical land from an evil underground king.

More great shows to watch this week...

Dr. Chris and Dr. Xand Investigate

Available now, BBC iPlayer

Dr Chris and Dr Xand look at mental health, and explore how you can get help – an interesting watch for Children's Mental Health Week.

Captain Underpants: The First Epic Movie

Available now, Prime Video

With Dav Pilkey's *Dog Man* hitting cinemas, why not check out the film adaptation of Pilkey's *Captain Underpants* here. Tra-la-laaa!

Barney's World

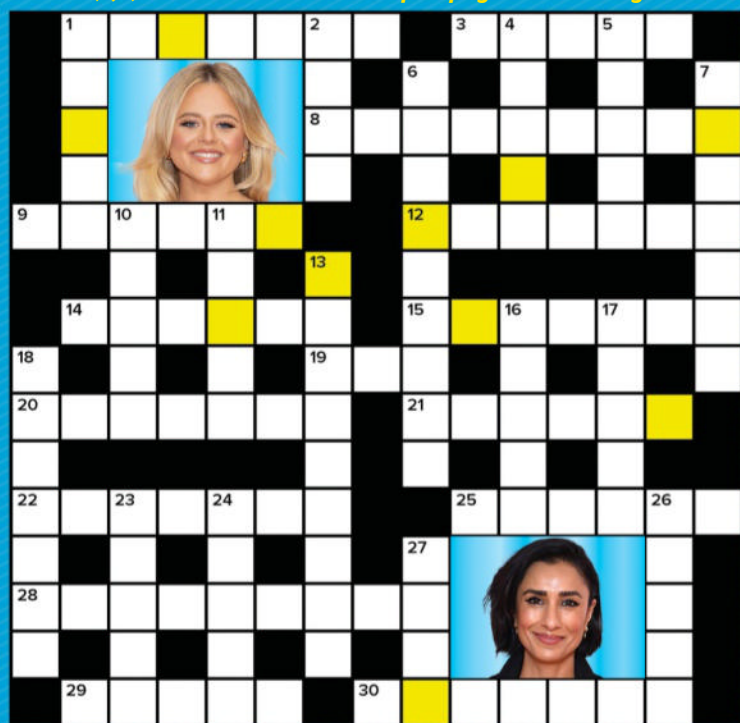
From Monday, Cartoonito

Brand new episodes with Barney, the singing and dancing purple dinosaur, who is joined by dinos Billy and Baby Bop and their three kid best friends, for a score of magical adventures.



CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a Canadian actor (5,6). Answers at the bottom of the page – no cheating!



ACROSS

- 1 Quiz show hosted by Romesh Ranganathan, *The* ----- *Link* (7)
- 3 See picture clue: Actor in comedy *The Inbetweeners*, Emily ----- (5)
- 8 An -----, 2009 film with Carey Mulligan and Peter Sarsgaard (9)
- 9 David Bowie hit single released in 1969, *Space* ----- (6)
- 12 *Harry Potter and the Deathly* -----, final book in the series (7)
- 14 *Normal* -----, drama with Daisy Edgar-Jones shown on BBC3 (6)
- 15 Actor in 2019 action film *Avengers: Endgame*, Mark ----- (7)
- 19 1990 movie starring Ellen Barkin and Al Pacino, --- *of Love* (3)
- 20 Isabel -----, actor who plays *Emmerdale*'s Victoria Sugden (7)
- 21 French model and actor, ----- Lenoir (6)
- 22 1984 protagonist, ----- Smith (7)
- 25 News presenter, Zeinab ----- (6)
- 28 Character voiced by Tim Allen in the *Toy Story* movies, Buzz ----- (9)
- 29 2015 film with Julianne Moore and Alec Baldwin, ----- *Alice* (5)
- 30 Lysette -----, actor who played *Hollyoaks*' Marnie Nightingale (7)

DOWN

- 1 Zombie thriller from 2013 starring Brad Pitt, ----- *War Z* (5)
- 2 Captain Hook's right-hand man in 2003 movie *Peter Pan* (4)
- 4 ----- *of the Pink Panther*, 1982 comedy film with Peter Sellers (5)
- 5 1985 film directed by Woody Allen, *The Purple Rose of* ----- (5)
- 6 Starred as Will in 2002 comedy movie *About a Boy* (4,5)
- 7 Played Rachel Green in sitcom *Friends*, Jennifer ----- (7)
- 10 Action film from 2012 starring Karl Urban and Lena Headey (5)
- 11 Star of *Hitchcock*'s 1963 film *The Birds*, ----- Hedren (5)
- 13 Former model who hosted *Fort Boyard*, Melinda ----- (9)
- 16 American singer of 1970 hit *Band of Gold*, ----- Payne (5)
- 17 See picture clue: ----- Rani, radio and television presenter (5)
- 18 1982 Pink Floyd LP (3,4)
- 23 *The Sky at* -----, astronomy series presented by Patrick Moore (5)
- 24 Game show that began in 2009, ----- *Wipeout* (5)
- 26 ----- Craig, played Ria in vintage sitcom *Butterflies* (5)
- 27 1982 Disney sci-fi movie starring Jeff Bridges and Cindy Morgan (4)

CROSSWORD SOLUTION ANSWER: Annie Murphy Across: 1 Weakest 3 Attack 8 Education 9 Oddly 11 Tippi 13 Messenger 16 Freda 17 Anita 18 The Wall 23 Night 24 Total 26 Wendy 27 Tron DOWN: 1 World 2 Smea 4 Trail 5 Cairo 6 Hugh Grant 7 Antlion 10 Dredd 11 Tippi 13 Messenger 16 Freda 17 Anita 18 The Wall 23 Night 24 Total 26 Wendy 27 Tron

Coming soon

**FIRST
LOOK**



(From left) Jess, Kitty, Beth, Yvonne and Holly

Riot Women

A starry cast appears in a drama about a **formidable band**

Here's an early look at BBC1's upcoming drama *Riot Women*, which follows the formation of an all-female punk-rock band.

The six-part series, created, written and directed by *Happy Valley*'s Sally Wainwright, centres on a group of ladies in Hebden Bridge, West Yorkshire, who are trying to deal with children, parents and tricky relationships, when they decide to team up to enter a local talent contest.

As Beth Thornton (Joanna Scanlan), Kitty Eckersley (Rosalie Craig), Holly Gaskell (Tamsin Greig), Jess Burchill (Lorraine Ashbourne) and Yvonne Vaux (Amelia Bullmore) work together

to create their distinctive sound, they forge a strong friendship, and being in the band changes all their lives by giving them an outlet to speak their minds. But when a secret spells turmoil for Beth and Kitty, everything comes under threat.

WE WILL ROCK YOU

The series, which features original songs from real-life band ARXX, co-stars Taj Atwal, Chandeepp Uppal and Macy-Jacob Seelochan as backing singers Nisha, Kam and Miranda, while Anne Reid plays Holly and Yvonne's mother



Rosalie Craig as Kitty

Nancy and Sue Johnston is Jess' Aunt Mary. Peter Davison, Claire Skinner, Angel Coulby, Ellise Chappell, Amit Shah, Ben Batt and Kevin Doyle also appear.

'I think I am more excited about this than anything else I have ever written. Ever,' says Wainwright. 'We have five of the most fabulous actresses on the planet playing the Riot Women. It's scarily exciting.'

WHAT'S NEXT FOR...

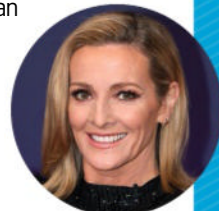
Jamie Oliver

An as-yet-untitled C4 documentary will see the chef open up about the challenges he has faced due to dyslexia, and campaign to overhaul the education system to help schoolchildren with the condition.



Gabby Logan

From the start of the next football season, the host will join Kelly Cates and Mark Chapman as a presenter on BBC1's **Match of the Day**, **Match of the Day 2** and **MOTD: Champions League**.



Zara McDermott

In BBC3's three-part documentary **Zara McDermott: Thailand**, the presenter will explore the country to investigate what makes it a magnet for young British travellers and also those wishing to make a home there.



Coming Back

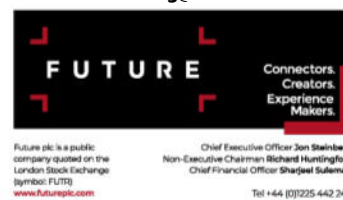
Jack Whitehall will helm **The BRIT Awards** for the fifth time on ITV1 this March. The ceremony will be held at London's O2 Arena and Harriet Rose and Munya Chawawa will host ITV2's pre-party show, *The Warm-Up*.



TV&Satellite week

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Next week On sale Tuesday 4 February



The Gorge

Anya Taylor-Joy and Miles Teller play operatives guarding a strange abyss in Apple TV+'s film.



Virdee

The BBC1 crime thriller follows a Bradford-based cop (Staz Nair) tackling gangland rivalries.



Unforgotten

Sunny (Sanjeev Bhaskar) and Jessie (Sinéad Keenan) are back in ITV1's whodunnit.



Yellowjackets

The third run of Paramount+'s drama starring Christina Ricci and Sammi Hanratty.

WORDS: CAREN CLARK; PHOTOS: APPLE TV+, BBC, GETTY, ITV, PARAMOUNT+

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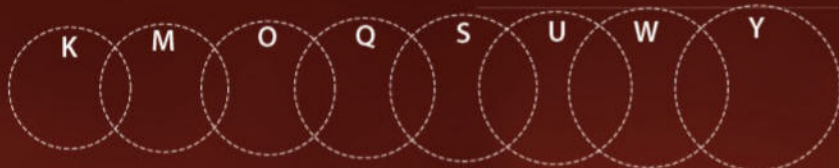
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